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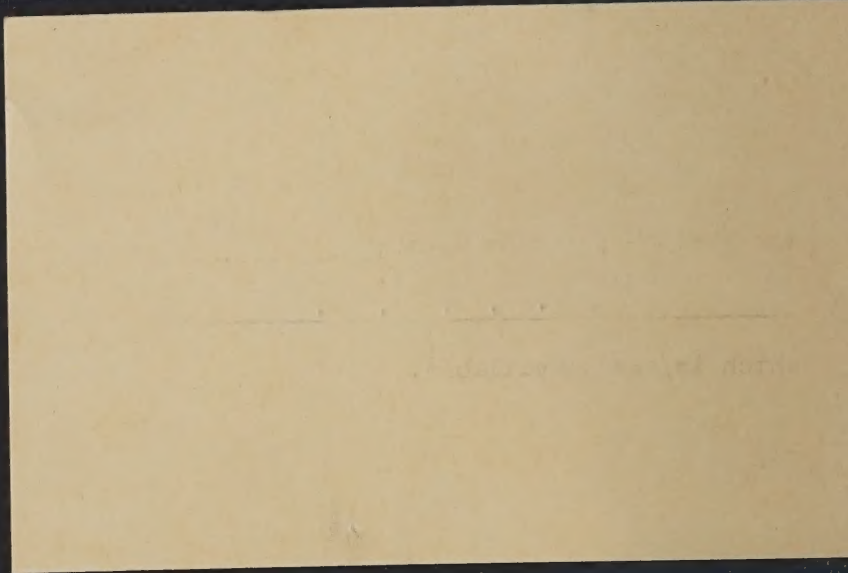




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THE  
COOK AND HOUSEKEEPER.

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A  
Journal for Every Home.

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LONDON:  
GEORGE PURKESS, 286, STRAND, W.C.

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1887.







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ENTRANCE

# LIST OF ILLUSTRATIONS.

	PAGE		PAGE		PAGE
BIRDS' NESTING ... ..	112	DOG, THE ... ..	29	NAPKINS ... ..	81, 113
BIRD-STUFFING ... ..	28			NIGHTINGALE ... ..	109
BLACKBIRD ... ..	108	FOWLS, SPANISH ... ..	321		
BLACKCAP ... ..	117	HEDGE SPARROW ... ..	169	POULTRY ... ..	289, 303
BULLFINCH ... ..	76	HOME DECORATION... ..	85		
		IMPOLITENESS, A CASE OF ... ..	273	REFRESHMENT BAR ... ..	225
CANARIES ... ..	9, 21, 129, 161			RUG EMBROIDERY .. ..	193
CARVING ... ..	33, 49, 65, 98, 145, 209, 241	JOINTING MEAT ... ..	177		
CAT ... ..	237	LINNET ... ..	76	TITMOUSE ... ..	117
COLLIE ... ..	155			WATER WAGTAIL ... ..	169
COOK ... ..	1				
COOK, FEMALE ... ..	17				

# CONTENTS.


	PAGE		PAGE		PAGE
About Dinners ... ..	345	FIRESIDE NOVELETTES—		HOUSEHOLD PETS (Continued)—	
Animals, Intelligence of ... ..	250	The Sister's Heir ... ..	8	Garden Warbler ... ..	220
Aquarium, The ... ..	61	Agatha Stoddart .. ..	24, 40, 56	Babillard ... ..	221
Asparagus ... ..	221	Reuben Leir ... ..	72, 88, 104	Crested Tit ... ..	233
Autobiography of a Pint of Milk ... ..	45	A Party of Four ... ..	120, 136	Bearded Tit ... ..	233
		Amy's Protégé... ..	152	Longtailed Tit ... ..	234
Bees—Bee-keeping, 185, 201, 216, 232, 252, 264, 281		A Master Stroke 165, 180, 197, 212, 228		Parrots ... ..	243, 266, 280, 297
Bicarbonate of Soda ... ..	77	Ralph Wolverman ... ..	245	Macaws ... ..	297
Birds' Nesting ... ..	124, 140	Silver Wedding... ..	260, 292, 308	Rabbits ... ..	315, 331, 343
Bird Stuffing Without a Master, 11, 28, 38, 60		Out of the Glow ... ..	276	Housekeeper, The Plea for ... ..	172
Butter-making ... ..	22	Old Philpot's Test ... ..	324	How to Make Jellies ... ..	346
		A Velvet Dress, and What Came of It ... ..	340		
Canaries ... ..	129, 161	Fish Supply ... ..	75	Jewish Cookery ... ..	53, 68
Carving, First Lessons in 5, 20, 33, 49, 65, 97, 145, 204, 242		French and English Cookery ... ..	75	Jointing Meat ... ..	177
Cat ... ..	258, 278, 293, 317				
Caviar ... ..	10	Garden, 138, 184, 202, 216, 233, 251, 265, 282, 296, 312, 328, 342		Money-making for Ladies 187, 202, 219, 234, 247, 283, 294, 309, 327	
Cochins ... ..	306, 322	Gastronomic Pickings... ..	46	Mothers and the Nursery ... ..	98
Collie Dog ... ..	155	Gastronomic Proverbs... ..	12	Mushrooms for the Million ... ..	139
Cookery for the Million 37, 53, 83, 107, 133, 157					
Cookery, General Principles of ... ..	23	Healthy Homes, 106, 122, 134, 151, 166, 187, 204, 218, 229, 253, 267, 277, 299, 314, 329		Needlework, Fancy ... ..	73
Cookery, Glossary of ... ..	268	Hints on Dress ... ..	87	Nice Receipts ... ..	12
Cookery, History of ... ..	1, 17, 34, 50	Home Decoration ... ..	85		
Cook's Handbook 3, 18, 35, 51, 66, 82, 98, 114, 131, 146, 163, 178, 194, 210, 226, 242, 258, 274, 290, 307, 323, 337		Home Decoration and Fancy Needlework 4		Penny Pastry ... ..	236
Cremona Violins, Mystery of ... ..	23	HOUSEHOLD PETS—		P- in Relation to Dairy ... ..	236
		Canaries ... ..	9, 21	Pctatoes, Useful Hints ... ..	173
Dancing ... ..	186	Goldfinch, The ... ..	41, 59	Pcuntry as a Source of Profit ... ..	290, 322, 338
Dog, The 29, 38, 66, 70, 91, 103, 123, 132, 153		Mules ... ..	59, 76	Practical Household Hints ... ..	12
Domestic Economy ... ..	39	Bullfinch ... ..	76		
Drinks and Food for Invalids ... ..	27	Linnet ... ..	76	Refreshment Bar ... ..	225
		Thrush, The ... ..	92	Rugs, How to Make ... ..	45
Easter Customs ... ..	101	Blackbird ... ..	108	Rug Machines ... ..	194
Eccentric Cookery ... ..	61	Warblers ... ..	108, 147		
Evening Amusements—		Nightingale ... ..	108	Salmon, The ... ..	74
Sphinx and Puzzle Page, 14, 30, 46, 62, 78, 94, 110, 126, 142, 158, 190, 206, 222, 238, 254, 270, 286, 302, 318, 334, 346		Blackcap ... ..	117		
		Titmice ... ..	117	Table Napkins ... ..	81, 113
		Redstart, The ... ..	132	Toilet, The ... ..	13, 84
		Pipet, The ... ..	147		
		Skylark, The ... ..	147	Vegetarian Cookery, 7, 27, 44, 54, 84, 99, 115, 141, 156, 181, 209, 211, 279, 293	
		Crested Lark ... ..	148		
		Woodlark ... ..	169	Woman in the Household, 6, 26, 43, 57, 70, 86, 118, 135, 149, 170, 182, 198, 213, 230, 246, 263, 284, 300, 313, 326, 344	
		Sherelark ... ..	169	Work Table .. ..	179
		Titlark... ..	169		
		Yellow Wagtail... ..	169		





# THE COOK & HOUSEKEEPER

## A JOURNAL FOR EVERY HOME



No. 1. Vol. I.

SATURDAY, MARCH 5, 1887.

PRICE ONE PENNY

### COOKERY.

MOTTO: "Cookery in England, when well done, is superior to that of any country in the world."—Ude, Cook to Louis XVIII.

—:O:—

#### CHAPTER I.

##### HISTORY OF COOKERY.

COOKERY is an art the origin of which it is impossible to trace with any accuracy. Of course, as soon as man emerged from barbarism, one of the first things he must have done was to provide himself with clothes, and with proper food, chiefly composed of the flesh, it is probable, killed for the purpose of guarding himself from cold and heat.

Madame Dacier has made the observation that because Homer makes no mention of boiled meat in his works the practice was then unknown; in all the entertainments described by him, as in the dinner given by Achilles to the royal messengers, in the ninth Iliad, the notable head dish is undoubtedly a broil; from which it is plausibly, if somewhat hastily, inferred that the Greeks had not discovered the mode of making vessels to bear fire.

The discovery is supposed to have reached them from Egypt, and they soon turned it to the best possible account. The Athenians appeared to have as much excelled the rest of Greece as the French are allowed to excel the rest of Europe in this respect. The best proof of this assertion is to be seen in the fact that learned men rank among the most valuable of the lost books of antiquity, a descriptive poem on gastronomy by Archestratus, the intimate friend of one of the sons of Pericles. "This great writer," says Atheneus, "had traversed earth and sea to render himself acquainted with the best things they produced. He did not, during his travels, inquire concerning the manners of nations, as to which it is useless to inform ourselves, since it is impossible to change them; but he entered the laboratories where the delicacies of the table were prepared,

and he held intercourse with none but those who could advance his pleasures. His poem is a treasure of science, every verse a precept."

He seems to be very much of the opinion of M. Henriot de Pewsey, the celebrated French judge, who, addressing Laplace and other great scientific men, said: "I regard the discovery of a dish as a far more interesting event than the discovery of a star, for we always have stars enough, but we can never have too many dishes; and I shall not regard the sciences as

this: "most rational and candid persons will coincide with the judge;" and truly, as mankind are deeply interested in the due cultivation of the art which improves health, prolongs life, and promotes kindly feelings, besides largely contributing to a class of material enjoyments which are only reprehensible when tinged by coarseness and excess. It is well known that very many remarkable men and women have been strangely influenced in their destinies by their epicurean tastes and habits.

Diplomatists, statesmen, and others of a similar class have nearly all been *gourmets*, which is the opposite of *gourmand*; as the poet says:—

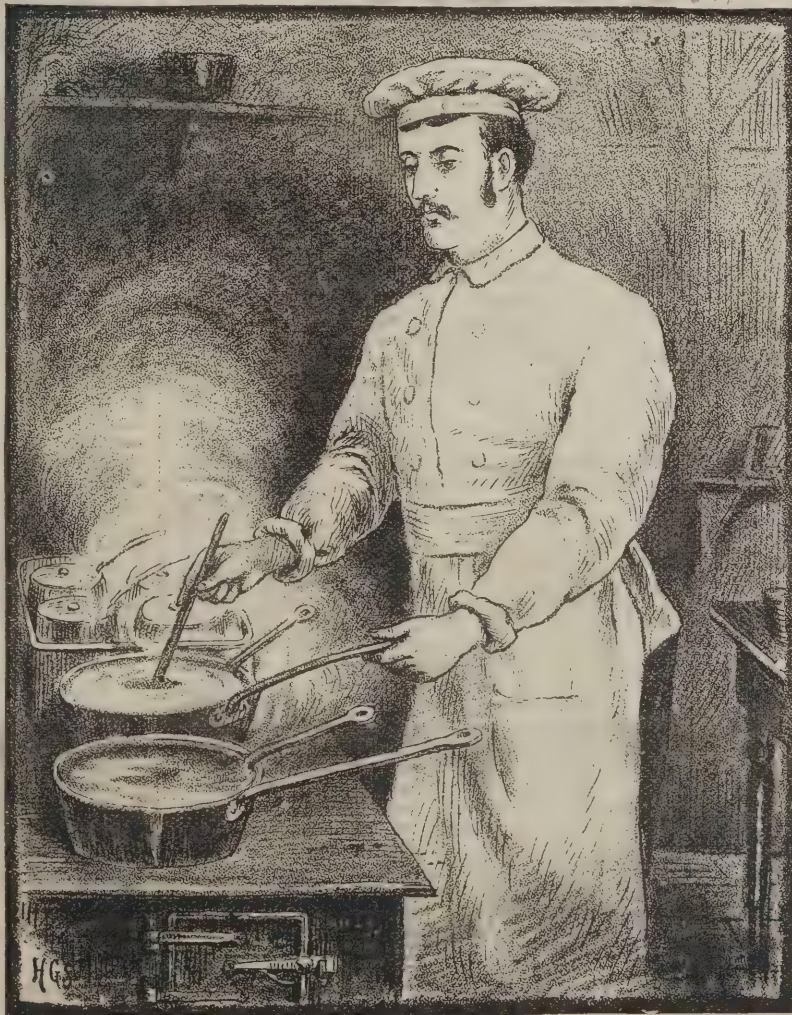
"When in retreat Fox lays his thunder by,  
And Wit and Taste their minied charms supply;  
When Siddons, born to melt and freeze the heart,  
Performs at home her more endearing part,"

we know them to be human.

The praise lavished on Archestratus is generally by critics thought to be exaggerated. Physical science was very imperfect in those days; besides, the man was so lean and slight, that when placed in the scales, his weight was ridiculously small; he was somewhat like the Dutch Governor of New York, mentioned in Knickerbocker's history, who pined away so imperceptibly that when he died there was nothing of him left to bury.

Besides, we know that all that was valuable in the cookery of the Greeks was carried off, with other arts, to which ordinary opinion assigns a more than ordinary value, by the Romans.

Yet concentrating, as the Roman banquets must have done, all the gastronomic genius and resources of the world, they were much more remarkable for profusion and costliness than taste. The sole merit of a dish composed of the brains of five hundred peacocks, or the tongues of five hundred nightingales, must have been its dearness; and if a mode of swallowing most money in a given time be a desideratum, we may quote Cleopatra's decoction of pearls, or that of Mille Sawbridge, who, on receiving a present from an elderly admirer of a £100 note, put it between two



sufficiently honoured or adequately represented amongst us until I see a cook in the first class of the institute."

An English author, Hayward, remarks on



slices of bread and butter, and ate it as a sandwich.

Captain Morris, in one of his songs, ridicules and sets at their proper value these Roman luxuries:—

"Old Lucullus, they say,  
Forty cooks had each day,  
And Vitellius needs cost a million;  
But I like what is good,  
When and where be my food,  
In a chop-house or Royal pavilion.  
"At all feasts (if enough)  
I most heartily stuff,  
And a song at my heart alike rushes;  
Though I've not red on lungs,  
Upon nightingale tongues,  
Nor the brains of goldfinches and thrushes."

There were many books on eating written by Romans, but only one has come down to posterity! It is called "Apicius," after the epicure, who is said to have spent about a million and a half of our money on the gratification of his palate, and finding that he had not above fifty thousand pounds sterling left, killed himself for fear of dying of hunger.

The Greeks were profuse in their poems and essays on eating and drinking. Antiphanes, a jovial songster, says:—

"And why should any man wealth desire,  
And seek to put his treasure higher,  
If it were not to aid his friends in their need,  
And to gain for himself love and gratitude's meed?  
For all can drink, and all can eat,  
And it is not only the richest meat,  
Or the oldest wine in the well-chased bowl,  
Which can banish hunger and thirst from the soul."

The great reverence for the importance of cookery is well exemplified by Plato, the comic writer, in his "Phaon"—

"A. I have sought this solitude  
To ponder deeply on this wondrous book.  
E. I pray you what's the nature of its treasures?  
A. 'Sauce for the Million,' by Philoxenus.  
E. Oh, let me taste his wisdom.  
A. Listen, then,  
'I start with onions, and with luxuries end.'  
E. With luxuries? Surely then he keeps the best  
And choicest of his dishes for the last.  
A. Listen. In ashes first your onions roast  
Till they are brown as toast,  
Then with sauce and gravy cover:  
Eat them, you'll be strong for ever."

It is a singular proof of how true is the saying, "Nothing new under the sun," that Old Priam, when reproaching his sons for seeking unusual delicacies, calls them—

"Wholesale murderers of lambs and kids;"

and shortly after a prohibition was issued against anyone tasting lamb which had not been shorn, on an occasion when the breed of sheep had appeared to be failing. The flesh of young animals is never spoken of as the food of great men, it being considered hardly suitable to the dignity of heroes of reputation.

Tydidies is honoured with great quantities of meat and wine; Ajax receives a whole chine of beef. Kings were even more highly served—

"A rump of beef they set before the King."

In fact, Eubatas asserted "no chief ever ate fish or anything but beef;" and then meat was never anything but roasted.

An extraordinary tale is told by an ancient historian as to the effects of intemperance. There was a house at Agrigentum called the Trireme on this account. Some young men got drunk in it, and got so mad when excited by the wine as to think they were sailing in a galley, and that they were being tossed about in a violent storm at sea; and so completely did they lose their senses that they threw all the furniture and all the sofas and chairs and beds out of window as if they were throwing them into the sea, fancying that the captain had ordered them to lighten the ship because of the storm. And though a crowd collected round the house and began to plunder what was thrown out, even that did not cure the young men of their frenzy.

The next day when the proctors came to the house there were the young men lying, sea-sick as they said; and when the magistrates questioned them, they replied that they had been in great danger from a storm, and had consequently been compelled to lighten the ship by throwing all their superfluous cargo into the sea. They were discharged with a reprimand, but being still under the influence of drink, promised, if they arrived safe at the end of their voyage, to erect statues of the magistrates as their saviours.

The period comprising the fall of the Roman Empire and the greater portion of the Middle Ages was one of unmitigated darkness for the

fine arts. Charlemagne, it appears, however, took a warm personal interest in the management of his table; and the Normans, two or three centuries later, are said to have prided themselves on their superior taste and discrimination in this respect.

Sir Walter Scott had good authority for the graphic details of their real and affected refinement which are contained in his description of Prince John's banquet in "Ivanhoe." But the revival of cookery, like that of learning, is due to Italy. The exact date is not known, but it met with the most enlightened encouragement from the merchant princes of France, and the French received the first rudiments of the science from the professors who accompanied Catherine de Medicis to Paris. They introduced the use of ices in France, while the cook of Leo X. invented fricandeaus. Coryat, in his "Crudities Gobbled Up," writing in the reign of James I. says that he was called Furcifer by his friends, from using those "Italian instruments called forks." Before this men ate with their fingers, and a writer speaks of an epicure who at the baths would put his fingers in hot water to accustom them to the heat.

A poet makes his hero say:—

"I've fingers, I deem, to take up hot meat,  
And a throat to devour it too;  
Curries and devils are my sweetest treat,  
Not more like a man than a flue."

There is a remarkable passage in Montaigne, which shows that the Italian cooks had learnt to put a proper estimate on their vocation, and that their mode of viewing it was still new to the French.

"I have seen amongst us," says Montaigne, "one of those artists who had been in the service of Cardinal Caraffa. He discoursed to me of this *science de gueule* with a gravity and a magisterial air as if he were speaking of some weighty point of theology. He expounded to me a difference of appetites—that which one has when fasting; that which one has after the second or third course; the methods now of satisfying and then of exciting or piquing it; the power of sauces, first in general, and next particularising the qualities of the ingredients and their effects; the difference of salads according to their season—that which should be warmed; that which should be served cold, with the mode of adorning and embellishing them to make them pleasant to the view. And all this expressed in rich and magnificent terms, in those very terms, indeed, which one employs in treating of the government of an empire."

There are very few details as to the progress of cookery from the arrival of Catherine de Medicis and the accession of Louis XIV., under whom the art made prodigious advances, being one while employed to give a zest to his glories, and then again to console him for their decline. The name of his celebrated *maitre d'hôtel*, Bechamel, affords guarantee and proof enough of the discriminating elegance with which the royal table was served.

The closing scene of Vatel, the *maitre d'hôtel* of Conde, has been often quoted, but it is well worth repeating. It is told by Madame de Sevigny in these words:—"I wrote you yesterday that Vatel had killed himself. I give the matter now in detail. The king arrived on the evening of Thursday; the collation was served in a room hung with jonquils; all was as could be wished. At supper there were some tables where the roast was wanting. This affected Vatel. He said several times, 'I am dishonoured; this is a disgrace that I cannot endure.' He said to Gourville, 'My head is dizzy. I have not slept for twelve nights; assist me in giving orders.' Gourville assisted him as much as he could. The roast which had been wanting, not at the table of the king, but at the inferior tables, was constantly present to his mind. Gourville mentioned it to the Prince; the Prince even went to the chamber of Vatel, and said to him:—'Vatel, all is going well; nothing could equal the supper of the king.' He replied:—'Monseigneur, your goodness overpowers me. I know that the roast was wanting at two tables.' 'Nothing of the sort,' said the Prince; 'do not distress yourself; all is going well.' He rose at four the next morning, determined to attend to everything in person. He met one of the inferior purveyors, who brought only two packages of sea-fish. He asked, 'Is that all?'

'Yes, sir.' The man was not aware that Vatel had sent to all the sea-ports. Vatel waited some time; the other purveyors did not arrive; his brain began to burn; he believed there would be no more fish. He found Gourville; he said to him, 'I shall never survive this disgrace.' Gourville made light of it. Vatel went upstairs to his room, placed his sword against the door, and stabbed himself to the heart; but it was not until the third blow, after giving himself two not mortal, that he fell dead. The fish arrived from all parts; they sought Vatel. He was found dead. The Prince was in despair; the duke wept; the King, who had delayed coming to Chantilly for five years not to give trouble, was deeply grieved."

The Prince de Soubise, immortalised by the sauce named after him, once asked his cook for a *menu* for a supper. The first item on it was hams—FIFTY HAMS! "What, Bertrand?" cried his master, "you must be out of your senses. Do you intend to feast a regiment?" "No, Monseigneur? Only one ham will appear upon the table; the rest are not the less necessary for my *espanoles*, my *blonds*, my *garnitures*, my ——" "Bertrand, you are plundering me, and this article shall not pass." "Oh, my lord!" cried the indignant artist; "you do not understand our resources. Give the word, and these fifty hams which I ask of you I will put them into a glass bottle no bigger than my thumb." What answer could be made? The Prince nodded, and the article passed.

(To be Continued.)

## DISHES TO REVIVE THE JADED TASTE OF THE GOURMET.

—10:—

ARE you a beginner? Then try first a soup without water. Cut three pounds of beef and veal into thin slices; put them into a stone jar with a dozen sliced turnips, two onions, and a little salt; cover the jar close in a saucepan of boiling water. There is no colouring or variety in that. It is a gentle experiment to test if the timid stomach, after the dog-days, be found in sound working condition. It contains the greatest amount of nourishment that can be taken with the least exertion. All cooks, be they of either gender, should be taught the elements of chemistry, for broth, which is the father of soup, is literally an extract of all the soluble parts of meat. It is chemically necessary that the water should boil slowly, so that the albumen may not coagulate in the centre of the meat before being extracted.

A German national dish, claiming a long and honourable descent, is in the shape of light and delicate Klosses for the soup. Their chief ingredients were always eggs, bread coarsely ground, meat, and fish. Later, potatoes and rice have furnished varieties. The bread used for them must be light and without crust, either grated, crumbled, or soaked in cold water or milk; they must be lightly handled and the fingers dipped in cold water while forming them into balls the size of an egg. Lay them apart, put them in gently-boiling soup, water, or milk, wet the spoon as each one is dropped in, with chives, onions, parsley, or spice, or the flavour may be altered in any of the recipes given. All Klosses should be served hot.

For the Gumbo Fela soup, sacred to the Creole, as well as the South generally, and written now in affectionate remembrance. Cut an onion in fine pieces, drop it in hot lard, and let it fry a light brown; dust in two tablespoonfuls of flour and stir all the time to prevent burning; in a few minutes it will be brown; pour in boiling water, as much as will serve the family, allowing for the boiling-down; cut up a tender fat chicken, add it to the pot, and let it boil until tender; take fifty oysters from their liquor, and strain it into a stewpan to remove all pieces of shell; let it boil up once, then skim and add the liquor to the pot; season with salt, black and red pepper, also a small piece of garlic; after boiling about or nearly half an hour add the oysters, dust in two tablespoonfuls of fela, stirring all the time; when it boils once it is ready to serve. Fela is prepared by the Indians and old negro "Maumers," and is simply the young leaves of the sassafras dried in the shade and pulverised with a few leaves of the sweet bay. In the



summer young okra pods are used in place of fela.

The jaded taste of a gourmet cannot but be revived into a new life if he tries the goose or game stuffing of the South, made of two ounces of onions, one ounce of green sage leaves, one of pecans or walnuts chopped finely, a sprig of fennel, thyme, or a bayleaf, four ounces of toasted bread-crumbs (made by putting crusts in an oven and when thoroughly brown and dry grating them,) one tablespoonful of butter, the yolk of one egg well beaten, a minced apple, one dozen raw oysters, one or two bird peppers, black pepper, and salt to taste. Two or three mushrooms and a truffle or two chopped fine add to the delicious flavour. Birdseye pepper is generally found mostly in Alabama. The plant grown in a pot, is covered all the year with little green and scarlet peppers, which give a piquant zest to food and agreeable flavour; ornamental as well as useful, it finds its place at dinner in a pot with the centre-piece.

**BONED TURKEY.**—Singe and draw the turkey; wipe it inside and out with a clean cloth, but do not wash it. Cut off part of the neck and head; cut through the skin all around the first joint of the legs and pull them from the bird to draw out the large tendons; cut through the skin, down the centre of the back, and raise the flesh carefully on either side with the point of a small, sharp, sabatier knife until the sockets of the thighs and wings are reached. Detach the joint from the body, take the end of the bone firmly in the fingers, and cut the flesh clean from it down to the next joint, around which pass the knife carefully, and, when the skin is loosened from it in every part, cut around the next bone, keeping the edge of the knife close to the bone, until the whole of the leg is done. Remove the bones of the other leg and the wings in the same manner. The neck bones may now be easily cut away, the back and side bones taken out, and the breast bone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the turkey until it is completely inside out). After all the bones are removed draw the legs and wings into the body, and spread the turkey out flat upon a clean cloth. Then proceed to stuff it with a force meat, and restore it to its original form; then sew and bind firmly together, wrapped in a muslin cloth, which tie tightly at both ends and around the body with strong twine or tape; then put it into an oval pot or boiler, cover with water, and boil gently for an hour or until it is tender; then take it out and let it become cold before taking off the bindings and cloth. Now place it upon the dish intended for it. It may then be ornamented with aspic jelly, cut into the shape of diamonds, crescents, rings, &c., and be surrounded with aspic jelly, chopped fine. Or a pan or mould sufficiently large to hold the turkey may be filled two inches deep with fluid jelly. When this becomes set and stiff, lay in the turkey, breast down, and add more jelly; when this becomes stiff, add and cover all with more jelly. When all has become congealed and stiff, it may be turned out of the pan or mould on to the dish upon which it is to be served; it is then called a galantine of turkey. Boned turkey may also be roasted and served hot with a gravy made from its own drippings and boiled giblets, chopped fine.

The filling or stuffing for the boned turkey, served either hot or cold, is made as follows:—Take sausage meat, sliced parboiled tongue, parboiled veal in thin slices, breasts of prairie or barn-yard fowls, mushrooms, or a few chopped truffles, a few thin slices of fine bacon, or anything else of good flavour, and which will give a marbled appearance to the turkey when cut. These ingredients must, of course, be filled into the turkey in alternate layers.

(To be Continued.)

DRINK milk and wine, but keep them wide apart;  
Who joins their virtues will his stomach thwart.

EAT like a hearty man,  
Drink like a sick one;  
So may Life's little span  
Not be too quick run.

## The Cook and Housekeeper.

SATURDAY, MARCH 5, 1887.

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### ADDRESS.

—:O:—

"THE COOK AND HOUSEKEEPER," as its title indicates, is a Weekly Periodical devoted especially to subjects appertaining to Domestic Life, and the Management of the Household. The Editor, having no wish to follow the example of the composer who so exhausted his material in the construction of his overture that he had but little left for his opera, will abstain from giving a detailed account of the almost endless variety of subjects which will be included in his bill of fare or table of contents. It will suffice for him to notify that nothing will be published except upon the most reliable authority, and the advice given will be wholesome and sound.

The articles will be written by thoroughly competent and experienced journalists; and every effort will be made to place before the reading public a journal full of valuable and useful information, which it is hoped will be found as amusing as it is instructive.



(ARRANGED ALPHABETICALLY.)

—:O:—

**Absinthe.**—This liqueur is used as a stomachic. As it is now very much used in this country, we include it under the head cookery. There are very many nostrums recommended and sold to promote appetite, but none are really to be recommended. Hunzer is truly the best sauce, but jaded appetites will try to spur the unwilling stomach and therefore these tonics will continue in use. Taken occasionally and in moderation, it is harmless; but frequently and every day, it becomes a deadly poison. It was found to be so pernicious in France that its use in the army and navy was forbidden in 1844. Absinthe is simply a liqueur made from wormwood. This plant has a strong aromatic smell and bitter taste. Larousse says:—"The preparation is very much used to excite the digestive organs. It is taken before meals to promote appetite. The occasional use of it may be good, but its abuse proves deadly, bringing on brain fever, vertigo, loss of sight. Nervous and excitable people should never touch it." Absinthe is taken in various ways. Plain absinthe is made by taking half a sherry glass of the liqueur, plenty of fine ice, with about two wineglassfuls of water. Put in the water drop by drop, on top of absinthe and ice; stir well but slowly. It takes time to make it good. Absinthe and aniseed is made as above by adding a little aniseed.

**Acid Fruit.**—Dissolve five ounces of tartaric acid in two quarts of cold water, pour it over twelve pounds of fruit in a large china bowl. Let it stand twenty-four hours; strain through a sieve without pressing. To each pint of liquor add one and a half pounds of powdered sugar; stir till dissolved. Bottle for use, do not cork. Some boil or, rather, heat the fruit for five minutes without boiling. Others think that heat spoils it. For use, add a tablespoonful to a tumbler of water.

**Adelaide Sandwiches** are made of cooked ham and chicken, more of the latter than the former; but when cut up put into a pan with ordinary sauce (Worcester). Boil and then add the

meat. Put this mixture between thin slices of stale bread fried. Bake the whole for a few minutes, with, if preferred, some grated cheese and batter. Leave five minutes and serve hot.

**Aitch Bone of Beef** (boiled) must be skinned. It should be moderately fat, and then be rubbed with salt for about ten days. Cover it with boiling water, into which it must be plunged. As soon as it boils again, draw it on the hob and let it simmer. It must be carefully skinned. It can be served with carrots and turnips, as well as such dumplings boiled with the beef. The time should not be more than two hours and forty minutes for ten pounds after it boils.

**Alamettes of Ox Palate.**—Boil two ox palates in water; pick, and cut them in the shape of matches, and steep them in lemon and vinegar, mixed with a little salt, parsley, and a few green onions chopped fine. When they have acquired a good flavour, drain, and dip them in batter made with a good handful of flour, a spoonful of sweet oil, a little salt, and some beer stirred in by degrees; lastly, fry of a good colour.

**Albergines (or Egg Plant) au Tomates.**—This dish is made from the egg plant, or maul apple, as it is often called. Cut the apple open, then place on a cloth, with kitchen salt for the fruit to disgorge. Fry these slices in very hot oil, then put in a hot plate. Fry in another pan some oil very hot and add slices of tomato, which put on top of the egg plant. Take some of the oil out of the pan, leaving only enough for sauce; add a little chopped garlic, salt, pepper, and a tablespoonful of baker's raspings. Bake five hours. Another way is to cut up the egg plant very fine lengthwise, and having stood in salt fry. Rub them in a salad bowl with the oil in which they have been fried, add pepper, salt, garlic, and then warm up the sauce. Add vinegar, allow to cool, and throw this sauce over the fruit.

**Albert Sauce** is made of grated horse-radish, one or more according to requirements. When this is done, stew in some good broth, simmer for half an hour, then add white sauce and cream, reduced over a sharp fire and pass through a tammy. When required for use, warm, add a little good vinegar, some mixed mustard, salt, chopped parsley a tablespoonful, and a couple of egg yolks. Good with braised fillet of beef and other meats, according to taste.

**Ale.**—Some families still like home-made beer, as they do home-made bread, though unless great care be taken the purchased article is the better. Take eight bushels of malt, let it be ground, and after it has stood a day or two in the sacks it will be fit for use; boil as much water as will be necessary to soak the malt, so as to make a hogs-head of fine wort, besides allowance for waste. When the water is put into the copper, mix with it a tablespoonful of salt, for that raises a scum on the top before it begins to boil, which must be thrown off, and three quarters of bran must be thrown into the water. Keep the fire brisk and clear, and when the water begins to boil, skim off the bran which rises to the top; then draw off half the liquor into the mashing tub, let it stand there until it is perfectly clear; then pour in half the malt, but let it be done slowly while another person keeps stirring it, lest it should settle into lumps. When that is done, let the remaining malt be strewn over it and cover it up two hours that the steam may not come out; when it begins to cool keep putting to it more boiling water. Take three pounds of hops, and when you have rubbed them to pieces put them into a clean canvas bag and lay it in the vessel designed to receive the liquor from the mashing tub. When the liquor begins to run upon it, beat the bag, for that causes the hops to moisten; then let what water remains in the copper be drawn off upon the grains in the mashing tub as soon as it is cleared off the first. Let it stand two hours in the same manner as the first, during which the other must be left to settle upon the hops. When the two hours are expired, draw off the second wort into the same vessel with the first, for then the grains will be drained of their strength and the wort strong and good. When the worts have stood an hour longer in the vessel, a sediment will settle to the bottom, when the clear liquor will be poured off with the hops into the copper, and boiled eighteen minutes, and then let off into a cooler, where it must remain until it is cool; then let it be drawn into the tank, taking care to leave the sediment behind. The liquor being then in the vessel, take a quart of good yeast, and put it to some of the wort in a wooden bowl; and when it begins to work remove



the cover a little, and when it has done working let it be barrell'd up, taking care to reserve a few gallons to fill up where it works out of the casks. It must be kept in a cool place.

There are several drinks made with ale, such as ale cup with a toast, the juice of a lemon, some powdered sugar and nutmeg, a little brandy and terry, and between one and two quarts of ale. Ale flip is ale boiled with sugar, mace, and clove, and butter in small quantities. Add, when well mixed, two eggs. Ale posset is made by boiling milk and pouring it over a slice of toast, add an egg, butter, and sugar to taste. Mix with a pint of hot ale, and boil till it simmers. Another way is to take a quart of cream and mix with it a pint of ale, then beat the yoke of ten eggs and the whites of four; when they are well beaten put them to the cream and ale, sweeten to your taste, and slice some nutmeg in it; set it over the fire, and keep it stirring all the while, and when it is thick, and before it boils, take it off and pour it into the jug. This was King William's posset.

**Allemande**, or Sauce Allemande, and, as it used to be called, Almayne, is made from the usual stock (which see), put on a brisk fire, some mushroom trimmings or essence being added. When reduced enough add yolks of eggs, four to the pint; a small quantity of nutmeg, cream, butter, and lemon juice; stir this over the fire until it simmers, stirring it all the time. Generally used as the foundation of other fish sauces. In old English and old French cookery the word Almayne often occurs, but this was a broth. It was originally a Dutch sauce made of butter, eggs, and water. Some genius cut out the water and substituted veal stock and the mushroom essence.

**Alma Pudding** is made with butter, sugar, flour, currants, and eggs. Take half a pound of butter and beat it well, throwing in the sugar by degrees. Mix well, then dredge the flour in slowly, put four or five ounces of currants and moisten with the eggs. Put in a buttered mould, tie in a cloth, and boil four or five hours.

**Almond**.—There are so many uses for this admirable fruit that we must speak of it in *extenso*. There are many varieties of the almond, but the one most used in cookery is the bitter almond. The almond-tree is somewhat like the peach in appearance, and will grow in sheltered places, even in temperate climates. There is no fruit more generally appreciated. It is one of the earliest of flowering shrubs, and has blossoms at times on the bare branches. It is a capricious tree, as sweet and bitter almonds grow on the same bush. It is the delight of children, being the foundation of so many sweetmeats—as nougat, macaroons, hardbake, and others. In smooth white soups and in *entremets* its uses are endless. To the pastrycook it affords an endless variety of uses. 1. Almond paste is made by pounding sweet almonds, adding a few bitter ones. A little water should be added, adding sugar to taste. When finished it can be strained, after being simmered a long time, it can be diluted to the requisite thinness for a drink. A dash of orange-flower water is an improvement. Useful in hot weather for fevers, and especially for public speakers. 2. Almond cakes require (the proportions vary according to size in this as in all things) about six ounces of flour, two ounces of ground almonds, six or seven ounces of sugar, the yolk of six eggs, two eggs, four whites whipped, some brandy, salt, four ounces of almonds (chopped), with two ounces of sugar, and half the white of an egg. Work the batter into a thick creamy appearance with a spoon, then add the sugar, flour, almonds, brandy, eggs, and salt, then the whites of eggs whipped. Pour the whole on a baking sheet and bake a light colour. When just done, add the chopped almonds, and return to oven until quite finished. When cold, cut up and serve. 3. A very good sauce for puddings is made by pounding an ounce of sweet almonds and four bitter ones. Add four ounces of sugar and a tablespoonful of orange-flower water, some cream and yolk of eggs. It must be whisked over a fire to a head of froth. 4. Almond pudding requires about half a pound of sweet almonds with half-a-dozen bitter ones. This must be made into a soft paste with orange-flower water. Then mix this with the beaten yolks of eight and the white of four eggs, four ounces of clarified butter and sugar to taste. Stir the whole over a slow fire until it thickens, then pour into a baking-dish lined with a thin white paste. Bake for an hour. Another may be made thus:—Take half a pound of short paste (three

pounds of flour, two pounds of butter, one ounce of salt, a pint and a half of water, sift on paste-board, hollow out, put in butter, salt, and water, and mix), let it rest, cut in halves, roll into a ball, and then roll a quarter of an inch thick. Place one round on a buttered baking sheet, spread almond paste on this, about an inch thick, leaving an inch and half margin all round, wet this margin and cover the almond paste with the other round, and press the edges together. Bake in an oven not too heated. When done, dredge sugar over. 5. Almond paste is made from a pound of almonds, one of sugar, one of butter, eight eggs, half a gill of double cream, pounded in a mortar, moistening with two of the eggs. Then mix the remaining eggs, add the butter, then the cream, and put away for use. 6. Other almond cakes may be made with bitter almonds, almond custard; other with pistachio nuts added, also currants, sugared almonds. 7. Almonds may be bleached in boiling water, not leaving them long enough for the skin to rise much. Then turn into cold water, drain, remove the skins and dry on a cloth. Keep for an hour or two. If the almonds are for strewing over cakes, they should be spread on a copper baking sheet, and dried in the hot closet.

For **Almond Butter** pound fifteen sweet almonds and three bitter ones with four ounces of sugar; moisten with a little milk, pass through a fine sieve, stir into half a pound of fresh butter and pass through a tammy into the dish or shell in which it will be served. It will look like coarse vermicelli.

To make sweet **Almond** or **filbert Biscuits**, take a quarter of a pound of sweet almonds or filberts; peel, and pound them fine in a mortar, sprinkling them from time to time with a little fine sugar; then beat them up for a quarter of an hour with an ounce of flour, the yolks of three eggs, and four ounces of fine sugar, adding, afterwards, the whites of four eggs whipped to a froth; have ready some paper moulds made like boxes, and about the length of two fingers square; butter them within, and put in the biscuits, throwing over them equal quantities of flour and powdered sugar; bake in a cool oven, and when the biscuits are done of a good colour, take them out of the papers. Bitter almond biscuits are made in the same manner, with the difference only that to two ounces of bitter almonds must be added an ounce of sweet almonds.

**Almond Drops** are made by blanching and pounding five ounces of sweet and three ounces of bitter almonds, or peach kernels, with a little white of egg. Put half a pound of sifted flour on your dough board, make a hole in the middle of the flour, in which put the almonds, with half a pint of sugar, four yolks of eggs, and a little salt. Make into a paste. Cut in pieces the size of a nut, lay them half an inch apart on sheets of paper in a baking pan, and bake in a moderate oven for fifteen and twenty minutes. Almond macaroons: blanch a pound and a half of almonds with a little rose water; add half a pound of sifted sugar, the whites of two eggs, not beaten, formed into a paste. Dip your hand in water and roll the preparation into balls, the size of a nutmeg: lay them an inch apart on buttered paper in a baking tin. Bake in a slow oven until a light brown. Almond macaroons are made another way by adding a pound of blanched almonds to a pound of the best sugar sifted. Put in a few drops of rose water as you beat up in a mortar. Add to them the well beaten whites of six eggs, and form the paste into shapes in the palm of the hand by using a little flour; butter some sheets of white paper and drop the macaroons on it, leaving a space between them. Strew a little white sugar on them, and put in the oven to bake a light brown.

**Almond Salad Sauce**.—Blanch and peel one dozen sweet and four bitter almonds, soak them in cold water nearly two hours; drain and place them in cold water with a few drops of lemon juice, salt and pepper enough to season nicely; by degrees add a few spoonfuls of sherry—just enough to make it the consistency of cream. This dressing may be used on sliced apples, pears, mealy peaches, and fresh figs.

For **Almond (Green) Tart** take half a pound of green almonds or filberts, pound in a mortar, with some candied orange flowers, sufficient sugar to sweeten the nuts and some salt; boil a pint of cream, and when cold add to the almonds, with four boiled yolks of eggs; stir till thick and pour into an open tart case of short paste which has been baked, as the cream must not be cooked.

## HOME DECORATION AND FANCY NEEDLEWORK.

—20—

### ART AT HOME.

New ideas in crazy-work are still among the possibilities. A pretty sofa-cushion was dotted with coloured velvet leaves, of the kind that were so fashionable some years ago in millinery—in fact, these were taken off an old bonnet. These leaves were fastened down by spaced buttonhole stitches around the edges.

A warm coverlet or blanket was made of irregular pieces of gay flannel, joined together with zephyr and crewel.

A dainty pen-wiper is made as follows:—Take a doll's hat of felt, embroider upon it a tiny spray of flowers in crewel or silk, and make a band of narrow ribbon to match the flowers in colour. Cut out several circles of chamois-skin, twist them up cornucopia-fashion, and tack the point of the cornucopia in the crown of the hat. This makes the leaves.

Christmas, New Year, and birthday tokens are often effective when they contain a humorous suggestion. A card displaying mice and meal-bags is a little newer than owls made of peanuts and the like. Tiny little mice are formed from apple seeds by running a bit of black silk through the pointed end to represent ears, a long piece through the rounded end for the tail, and making the legs by running four stitches through the seed, which last stitches serve to fasten it to the card. The meal-bags are made of small pieces of muslin. In a similar manner roaches and crickets may be made of watermelon seeds.

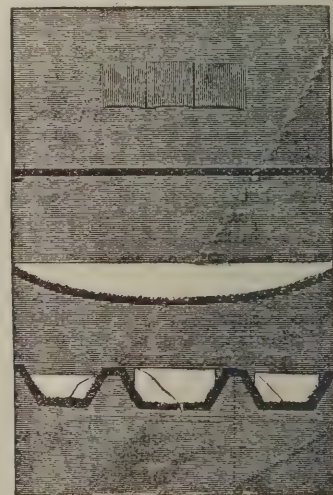
Cornhusks may be used in decoration, mixed with grasses, autumn leaves, and everlasting flowers. The husk, dried and torn up into shreds, may be made effective in a variety of ways. A vase for dried grasses was of paste-board, covered with husk arranged like moss, displaying upon its side a cluster of paper roses. It was much prettier than would be supposed from the description. The natural hue, husk is certainly more artistic than brilliant dyed grass, and the flowers had a daintier background than a paper fan could be. Nothing could ever make Magenta or poison-green glumes beautiful, nor fringed paper other than weak.

A spray of conventional flowers or cluster of fruit may be painted upon towelling or moccie cloth and outlined with tinsel thread. Sometimes the stems and leaves are embroidered in crewel.

Etching with pen and indelible ink is now executed upon ordinary brown and white linen. It forms a pretty decoration for bags and table-scarfs.

Strips of Madras cloth, with the figures outlined in tinsel and spangles, are applied to the ends of plush table-scarfs.

Let no housekeeper despair. There are ways of evolving beauty from the most unpromising materials.

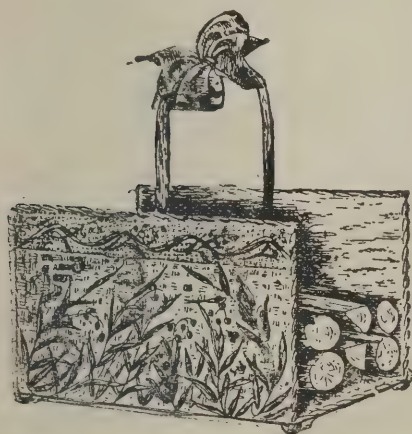


PORTFOLIO MADE OF LINEN.—A neat portfolio for everyday use can be made with little trouble and expense out of grey linen. First cut a piece of cardboard ten by fifteen inches, and two pieces of linen the same size or



a trifle larger for a turning-in; turn the edges of these pieces in over the cardboard and paste them together. The large pocket should measure thirteen inches in width and six in depth; brown braid is stitched flat on one side of it; the other edges are turned in and overhanded on the back, the extra width is laid in plaits on each side; a piece of brown ribbon is sewed on this and divided into three pockets for stamps. The pocket on the opposite side is seven inches deep, being curved on the top. The braid is stitched on this. The piece that forms pockets for the envelopes should be five inches deep, the top cut as seen here, and the pockets divided with rows of stitching. Overhand the large pocket on, and sew a fine brown cord around the edge to finish it.

**MUSIC BOX.**—Something useful and original is seen here, in a fancy wood box for the sitting-room. It is made of a stout wooden box, the lid and ends being first removed and the sides strengthened with a few extra nails. A smooth barrel hoop is fastened in the sides; this must reach to the bottom. It is to form a handle, more for looks than use, as the box is to be moved about by means of casters, which are placed under each corner. It is then made as smooth as possible and stained to imitate cherry.

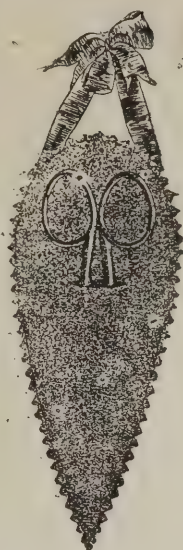


A liquid preparation can be procured at the drug or paint store for this that will give entire satisfaction. The sides are to be ornamented with fancy bordering; if this cannot be obtained, handsome wall-paper bordering can be used instead. The edges are finished with a fine rope, which is first tacked on and then gilded. A bow of bright-coloured ribbon is tied on the top of the handle. It can be used for newspapers when not needed for music.

**STAR CLOCK.**—An appropriate and useful gift is given here in the way of a clock mounted in a star. It is made as follows:—First select a small clock that winds on the face; saw a star in proportion to it out of a piece of pine-board; saw an opening in it to fit the clock. The star is then to be covered



with ground cork or some cut for that purpose; cover a small portion of the star at once with the glue and stick it firmly on; when it is all nicely covered, give it a couple of coats of liquid gilt, bronze, or silver. Fasten the clock in securely, and a couple of screw-eyes in the back to hang it by.



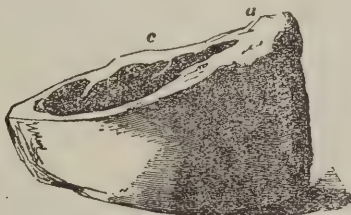
**SCISSORS SHEATH.**—The scissors sheath is a convenient little article to hang in the sitting-room. It is made of two pieces of bronze leather cut the shape of the one seen here. The edges are pinked and an opening cut in one to slip the scissors in. These are stitched together a seam width from the points. Brown ribbons are fastened on the top and tied in a bow to suspend it by. They are so inexpensive and little trouble to make that one might avail themselves of the pleasure and comfort of having several about the house in convenient places, for they are something that are always in great demand.

## FIRST LESSONS IN CARVING.

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It is no trifling accomplishment to carve gracefully and well, and requires not so much an outlay of strength as skill and confidence in one's ability which will free them from embarrassment and restraint. The carving-knife should be light, of medium size, and keen edge. In roasting joints, such as loins, breasts, and forequarters, the butchers should always be required to separate the joints, thus expediting the work at the table. The platter should be placed as near the carver as possible, so that he may have full control of it, and prevent the ungraceful appearance of reaching at arms length. The slices should be cut thin and laid carefully to one side of the platter, for we all recognise the difference between a delicate, appetising slice of flesh or fowl and a chunk of meat that robs one of all desire to taste by its size.

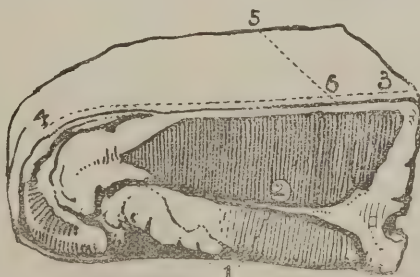
**A ROUND (BUTTOCK) OR AITCH-BONE OF BEEF.**—Pare from the upper part a slice from the whole surface of about half-an-inch thick, and put it aside; then cut in thin slices of



both fat and lean in the direction from *a* to *b*. The soft fat, which resembles marrow, lies at the back of the aitch-bone below *c*, but the firm fat is much better than the soft when eaten cold.

**RIBS OF BEEF.**—Cut along the whole length of the bone, from end to end, either commencing in the centre or at one side, having the thin end towards you; but if boned and formed into a round, with the fat end doubled into the centre, it must then be cut in the same manner as the round of beef.

**SIRLOIN OF BEEF.**—Cut in the same manner as the ribs, from 1 to 2, commencing either at the centre or the side. The under part should be



cut across the bone, as at 3 to 4—some cut from 5 to 6, but this is very wasteful, and

not to be recommended—for the lean and for the rich fat; many persons prefer the under to the upper part, the meat being more tender.

**FILLET OF VEAL.**—Carve it in the same manner as the round of beef, but the upper slice should be cut somewhat thinner; as most



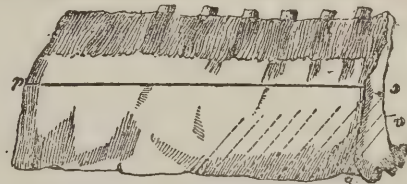
persons like a little of the brown, a portion of it should be served along with each slice together with a slice of the fat and stuffing, which is skewered within the flap.

**NECK OF VEAL.**—Cut across the ribs, from *a* to *b*; the small bones, *c* to *d*, being cut off, divided, and served separately, for it is not



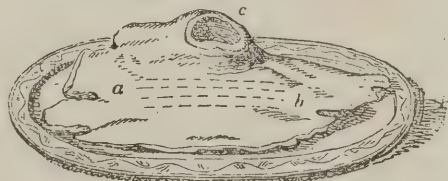
only a tedious but a vulgar operation to attempt to disjoint the ribs.

**LOIN OF VEAL.**—The joint is placed in the dish in the same manner as sirloin of beef, but with a toast put under it. The meat should be



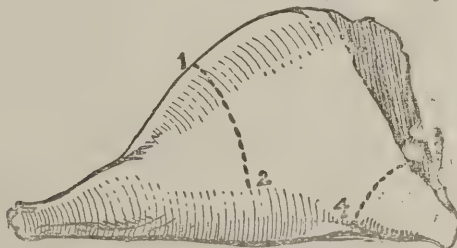
cut across the ribs as in the neck, serving a slice of kidney, fat, and toast to each person.

**CALF'S HEAD.**—Cut slices from *a* to *b*, letting the knife go close to the bone. Many like the eye at *c*, which you must cut with the point of your knife, and divide in two, along with some of the glutinous bits which surround it. If the



jawbone be taken off there will be found some fine lean, and under the head is the palate, which is considered a luxury. The tongue and brains are dished separately, but should be eaten with the head.

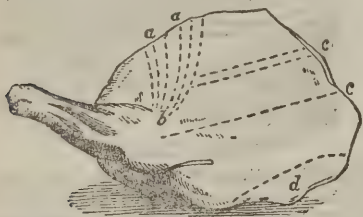
**LEG OF MUTTON.**—The best part of a leg of mutton, whether boiled or roasted, is midway between the knuckle and broad end. Begin to help from 1 to 2 from the roundest and thickest part, cutting slices therefrom not too thin. This part is the most juicy, but many



prefer the knuckle itself, which in fine mutton will be very tender though a little dry. Some fat will be found on the dotted line 4. There are some fine slices on the other side of this joint, therefore if the party be large turn it over and cut in the same direction you did on the other side.



**SHOULDER OF MUTTON.**—Though commonly looked upon as a very homely joint, is by many preferred to the leg, as there is much variety of flavour, as well as texture, in both the upper and under parts. The figure represents it laid in the dish, as always served, with its back uppermost. Cut through it from *a* down to the blade-bone at *b*; afterwards slice it along each side of the blade-bone from *c* to



The prime part of the fat lies on the outer edge, and is to be cut in thin slices in the direction of *d*. The under part, as here represented, contains many favourite pieces of different sorts, *a*, crosswise, in slices, near the shank-bone at *b*; and, lengthwise, in broad pieces, at the further end *a*; as well as in the middle and sides in the manner designated at *c*



and *d*. Should it be intended to reserve a portion of the joint to be eaten cold, the under part should be first served, both because it eats better hot than cold, and because the upper remaining part will appear more sightly when again brought to table.

**LOIN OF MUTTON.**—Cut the joints into chops and serve them separately; or cut slices the whole length of the loin; or run the knife along the chine-bone.

## WOMAN IN THE HOUSEHOLD.

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WHATEVER influence a man may have in the selection of a house, the comfort and happiness of a home will depend more on the female sex than upon the male. Very many writers have expended time and labour in producing sumptuous works on decorative art, which, when read, produce a feeling of depression on the part of persons of moderate means. These manuals all seem to start with the idea that everybody has unlimited capital at command.

This makes the majority of works, which householders take as a guide utterly useless. Of course these of our readers to whom bills are no object may give their orders freely; but these are in the minority. A very large proportion of those who enter upon housekeeping have to calculate ways and means. These are often the happiest families. The following words are put in the mouth of the heroine in "Cousin Bridget":—"I wish the good old times would come again," she says, "when we were not quite so rich. I do not mean that I want to be poor; but there was a middle state, in which I am sure we were a great deal happier. A purchase is but a purchase now that you have money enough and to spare. Formerly it used to be a triumph. When we coveted a cheap luxury we were used to have a debate two or three days before, and to weigh the for and against and think what we might spare it out of, and what saving we could hit on that should be an equivalent. A thing was worth buying then, when we felt the money that we paid for it."

In our advice we shall suppose the young couple who are starting their first housekeeping to have fair means, but where they are limited they can of course act upon their own responsibility. At home a girl is so used to have everything found for her, and to defer so to the maternal and paternal tastes, that until she has a home of her own her thoughts are not directed

that way. Now linen, furniture, pots, pans, doo mits &c., assume a different aspect.

In taking possession of a new house, one of the first considerations is the paper-hanging. Dr Dresser says:—"All walls, however decorated, should serve as a background to whatever stands in front of them. As to colour, the best wall-papers are those which consist of somewhat strong colour in very small masses—masses so small that the general effect of the paper is rich, low toned, and neutral, and yet has a glowing colour bloom." The varieties are so great that the difficulty is which to choose. Everybody must be guided by their own taste. Some are marked by refined tones of colour laid flat upon conventional designs, and by the introduction in a sparing way of dull gold in the background. Some of Owen Jones's designs are admirable. They are chiefly small berries, fruit, hips and haws, with flowers and foliage very attractive to the eye but simple and very taking. Another eminent artist drew some Renaissance designs of graceful festoons with fruit and flowers. In some places, such as restaurants and concert halls, there is a tendency to heavy colour and intense gilding, but this is not suitable to private residences. A very good paper is of French style, suitable to drawing-rooms, it representing antique damask. It has a ground of ivory tint, with conventional flowers of a warmer shade of ivory, having an effect as of velvet in low relief against threads of dull gold in the web of a tissue. With it is used for the ceiling a very pale shade of gold, sprinkled with gold. It would be as well for a black wood with gold moulding to edge the frieze made to match this paper.

A frieze introducing Indian red may accompany a paper with bronze and copper effects on a pale olive background; the rich red of rust colour is mingled with burnished silver upon neutral tinted grounds, and papers in faintly perceptible shades of gray and blue and green have Japanese designs of flying stalks, and geometrical patterns in dull gold. Papers vary in price from pence to pounds. For library and dining-room, deeper tints of olive, sage, Indian red, and Antwerp blue are recommended, while for the hall "English Japanese" is very suitable.

Bedroom and sitting-room papers can be had very cheaply in many colours—cream, amber, fawn, rose, blue and pale olive, with traceries of soft, contrasted hues. The designs include passion flowers, honeysuckle, wild roses, blackberries, crows' feet, oak leaves, acorns, &c. French chintz papers are very pretty and never gaudy. They are very suitable for a spare bedroom, which, being intended for stray guests, is made unusually attractive. Where book-cases are run round the wall, the surface above may be washed with Indian and Pompeian red, and a light stencil effect in dull gold made to supply the place of a frieze.

In most houses carpets are preferred, but a very good substitute is to stain the boards all over or round the edge with brown, warmed with red. This, when covered with a good coat of shellac, will keep its look for a long time if washed occasionally with a little milk, or with linseed and water. Rugs of the ordinary kind, those made from furs, &c., are cheap enough nowadays and look well.

Nothing is better for the living room than a Brussels carpet in small blended geometrical patterns of blue and crimson, green or brown. Many like a small carpet for the middle of the room with the painted floor and rugs around.

Old marble mantelpieces can be painted with two or three coats of oil colour to match the chief tint of the room. Brown, slate grey, Venetian red, and ebony black are the colours generally used for the purpose.

Book shelves, brackets, corner shelves, overmantels, and racks for china to nail about the room, have been made of common deal, painted in flat colour, or stained and shellaced with excellent effect. The shelves should be finished with a band of pickled leather. Marven leather, as used with traceries of gilt can be secured with nail heads punched in geometrical patterns to imitate those used in antique furniture.

There is no necessity for buying furniture, as the advertisements say, "en suite." A person may be as comfortable with a box lounge and ample cushions covered with chintz, a cheap table, its deficiencies hidden by flowing drapery, one or two comfortable easy chairs, and a few

lighter ones—bad chairs are not economy—some book-shelves, some inexpensive little tables, some chintz curtains, as with the most expensive furniture. Many of these things may go to the bedroom later on. Some of woman's neat specimens of needlework will much improve the whole.

The dining-room should, if possible, be furnished in rich colours. Should the cash available be small buy a table and six chairs, with some shelves and a side table. This last, however, can be dispensed with, until some day you come upon one in old mahogany with brass nails and lustrous panels.

Bedrooms can be made attractive with but small outlay, only be sure that the tradesmen you go to are well-known and substantial people. Should the housekeeper feel desirous of having more expensive articles, she can easily find them in mahogany, cherry wood, walnut, or other woods. Settees or chairs are to be found of Yorkshire oak, fitted with movable cushions of plush; carved flower chests from Spain and Italy; tall Dutch and French clocks; embroidered mirror frames of old English work and other favourites of modern fashion. Then there are some cupboards—

"Piled with dapper Dresden ware,  
Baux, beauties, vases and poses,  
Bronzes with squat legs under-eared,  
And great jars filled with roses."

We may put in a word here about furniture coverings. There are jutes and cretonnes without number, followed by a wide range of silk stuffs, beautiful and tempting, but liable from the nature of the surface, to soil before they are half worn. Stamped velvet and plain or stamped worsted plushes, in Indian red, old-gold, dark blue, sage and olive green, harmonise with any of the varieties of furniture just now in fashion, and wear well.

The use of windows and screens of mosaic glass is popular.

Screens, at first nothing more than the skins of animals hung upon rude framework, were in the vast draughty halls of mediæval castles indispensable to comfort. They served to divide the sleeping places of the family from a living room, common to lord and lady, mignons, vassals, and guests. Screens of plaited osier, to stand before mighty fires, were followed by those draped with stuffs, just as rush-strewed floors gave place to woven coverings. Later came screens of carved wood, arras, embroidery, and so on. Screens are used more for ornament than anything else. A Frenchwoman says in her prattling, semi-cynical way:—"With a certain exercise of tact one can easily transform a long, uninteresting parlour into a series of small boudoirs. Scatter easy chairs, foot-stools, lounges strewn with pillows, work-stands, writing tables, jardinières, screens, indispensable screens, and you will have a sort of society bazaar where delicious mysteries may be confidentially discussed."

Screens are innumerable in shape, form, and material. Some come from the East, some from China and Japan; but the special purpose in modern times for these contrivances is to keep out draughts in a sick chamber, and to protect the face from the too great heat of a fire. Some people who patronise fire obelisks have screens in two folds about three feet high to keep off the fire glow. They are made of light frames, silk and embroidery.

To many persons the ordinary door of a room is objectionable, and hence portières have been substituted. For the origin and fitness of this common substitute for the prosaic we must go back to early history, where in the history of the Tabernacle we read of an hanging for the Tabernacle of blue and purple and scarlet, and fine twined linen and needlework.

The idea is Eastern, but may be adapted with advantage in this country. Compare for a moment the blank, inartistic monotony of our ordinary painted doors, says a great authority, particularly those between the two rooms of the lower floor, with the door of a piece of lovely stuff. The materials are endless, and to those who mean to make effects with their own fingers these materials offer a number of useful suggestions for designs.

The portière should not be looped back; there is nothing to gain by this method. A curtain hung upon rods with rings, as all well-regulated curtains are, can be pulled back and forward at will, to exclude a draught or a too curious pair of eyes.



Many portières are made to hang from a thick brass rod, set a few inches down from the top of a door, inside the frame. The sight coming over, and the tantalising glimpse of frescoing, frieze, and picture frames, and of the top of an outer sh. If full of old blue china, perhaps in the next room, makes one long for more. Poor understood the beauty of hanging stuffs when he wrote of the "silk, sad, uncertain rustle of each purple curtain;" and Keats, when he portrayed his lady's dream, "shaded by the dark curtains, and all enlocked in woofed phantasies." The portières should be an imitation of the curtains in the room. The tint of the drapery in the doorway may be more vivid than the curtains, but you should be guided by the other decorations of the room.

With regard to the trimming of portières, after the deep band of plush or velvet, so commonly used, there should be very little additional ornament. The English laces employed for the trimmings at the Kensington Schools are highly approved and are very charming.

Miss Elizabeth Glushier's ideas about portières adorned with perpendicular ornament seem useful enough to be quoted:—"A dark blue curtain may have a pattern of orange leaves and flowers worked in creases. The orange being a great deal conventionalised in form already, by being made into an upright running pattern, and it being of more importance to make an harmonious decoration than a faithful portrait of the tree, the front must be conventionalised in colour into a golden brown or a dim yellow, with a green one here and there. The leaves must be a brownish-green; two shades will be enough, the darker of which will serve also for the stems. The flowers must be put in sparingly in a very yellow white, and the yellow stems and greenish boughs should be made much of. The fruit must not be shaded, and the stitches should be upright in the middle, curving a little towards the top and bottom from the outside. Except in the case of an orange being seen endways, so that the eye or stalk comes in the middle, when the stitches must be directed towards the centre, the shape of the fruit will sufficiently convey the idea of roundness. This will be a rich decoration, yet notice how few colours are needed for it; one shade of yellow brown, three of green with a little white and bright yellow, which may be in filloes, are all that are needed."

Sateen in light colours looks best, when the entire ground is entirely covered with a conventional pattern either in polychrome or in monochrome, the decoration being of the same shade with the ground. Powdering and sprinkling detached sprays over the surface, with a band of embroidery around the curtain is another style. With cream sheeting or *coru* sateen, try a closely-worked pattern in old-gold filloes shading to yellow, or in maroon shading to reddish-pink, not forgetting the boundary line of embroidery and stitching, indispensable to branching designs of this nature. Your daperies should not be too full or too long. They should be scanty enough to display the design, and should not touch nor trail upon the floor.

Unbleached muslin sheeting has been lined with Turkey red, with dull blue and with orange, and trimmed with Madras gingham; bands of coloured Canton flannels, disposed after the method of stripes in a Roman ribbon, crossed with stripes made of gay bandana pocket-handkerchiefs, have been made effective in a seaside cottage room. It is popularly said Cashmere shawls are of no use when old, but it has been a long time since those who pretend to lead in matters of dress have allowed them to appear, unless in some costly wrap for which one of those Oriental webs have been ruthlessly cut up.

We suppose that there are few enthusiastic amateurs in house-decoration who have not at some time been conscious of a mad ambition to employ some heirloom of a shawl in the guise of a table cover, and have been reluctantly deterred from the project by qualms of conscience and reverence.

(To be Continued.)

## VEGETARIAN COOKERY.

EVERYONE who has ever tried to convince others of the merits of vegetarianism must have been struck by the large number of the persons who avow their entire sympathy with vegetarian reasoning, yet do not make the slightest move towards the vegetarian practice. This might easily be explained, if those theoretically converted people all belonged to that large number of the English citizens who have acquired by custom and inheritance so strong a liking for animal food that nothing else seems "nice" to them. But we find, on the contrary, many who declare that they "don't in the least care for meat—only eat it because it's there on the table." Why, on earth, then, do they go on eating it, if they are, as they tell us, gravely convinced that to do so is a mistake?

The number of those who think that vegetables constitute the only proper food for man has increased largely in this country during the past ten years. It would have still a larger increase but, for the fact that reformers of every kind have to bear the reproach of being to some slight extent eccentric. Elderly people, who have suffered untold misery by submitting for years to the dictates of fashion, broken in health, and utterly discouraged, are ready to try any system that has in it the hope of relief. What is needed is the enlistment of young vigorous men and women in the ranks of the vegetarians. Make it interesting to them to experiment with their appetites; and to discover whether life is worth living when the food supply is composed exclusively of vegetables and fruits. A correspondent says—"The elephant and rhinoceros build up their mighty frames without the assistance of flesh-food; the horse, the ox, and all the domestic animals whose strength is serviceable to man are by nature vegetarians; in short, there are innumerable indications of the fact that the purest, most wholesome, and most nourishing food for man may be obtained direct from the bountiful hand of Nature, without any admixture of blood and slaughter. I myself can, after five years' experience, bear witness to the immense benefit which the bodily health derives from this simple and frugal method of living, which has none of the exciting and stimulating qualities of flesh food, but induces a calm, strong, and equable habit of body, together with far clearer and more vigorous powers of mind. In short, let those who have a will try for a month or two the reformed method of diet, and they will soon learn to smile at the admonition of chemists and doctors."

Whilst vegetarianism encounters much prejudice, we may bear in mind, for encouragement, that the popular diet of our countrymen has undergone many changes and great improvement. For several centuries, we are told, the population of England and Wales did little more than maintain itself; that is to say, the death-rate balanced the birth-rate; and this is explained by hardness of life, defective clothing and shelter, insufficiency of fuel, and ignorance of sanitation, conspicuously denoted by the prevalence of leprosy. But unsuitable food was accountable for much of the mischief. Vegetables were uncultivated and little known, and poor bread, with salted meat and occasional fish, was the common fare. So late as the sixteenth century, the ordinary breakfast of Queen Elizabeth was salt meat and bread, washed down with strong ale. It was not until artificial grasses were introduced from France in the seventeenth century that much live stock could be kept through the winter, and the regimen of pickled animal food (often badly pickled and corrupt, owing to the cost of salt) became gradually mitigated. But the change took long to descend to the multitude, and the misery and suffering induced by mal-nutrition were manifest throughout last century. Dr. Cheyne, writing in 1724, said—"There is no chronic distemper whatsoever more universal, more obstinate, and more fatal in Britain than the scurvy, and other distempers are so complicated with it that it furnishes their most cruel and obstinate symptoms"; and what Dr. Cheyne said is confirmed by many contemporary authors. Scurvy, a disease of seamen, was also a disease of landmen; and the cause was the same—namely, the consumption of salted provisions and the absence of vegetables. Ale was the common beverage

at breakfast, dinner, and supper; and, as Mr. Cullen pointed out, none suffered so much from such meat and drink as women, who led an indoor life, and mothers with their infants and children. The heated and scurbutic habit of body induced was not only a state of disease in itself, but a state that aggravated other maladies, and lent virulence to small-pox and fevers.

Mr. Joseph Potts, an aged vegetarian, says—"I am eighty-three years old, and have been a vegetarian for twenty-seven years. During that time I have eaten neither flesh nor fish. I have also avoided the use of tea and coffee; water has been my drink. No drugs entered my stomach since 1839. The result of the change in dietary is that instead of being, as I was, a poor miserable, sickly, rheumatic dyspeptic, and a nuisance to myself and all who came into contact with me, I have been for many years, and still am, hale and hearty. The ailments gradually weakened down under the treatment. If I had obeyed nature's laws sooner it would have saved me a world of trouble and suffering."

### BREAKFAST.

It is our purpose in this and the succeeding articles to place before the reader a few hints on Vegetarian Cookery. To begin with, porridge of some sort is choice breakfast fare, and a condition of its digestibility is that it be well boiled. To be well boiled, however, means rising early on the part of the cook, which difficulty is turned to account in these degenerate days by boiling the porridge the day before in a double pan. When porridge is thus cooked it only requires to be warmed up in the morning.

Some dislike oatmeal. Wheatmeal is an excellent substitute; also wheatmeal mixed with oatmeal. Then there is that beautiful preparation of wheat called semolina. There is also Indian corn and macaroni, and, for those who prefer, there is rice and corn flour. Porridge is eaten with milk, sugar, syrup, or stewed fruit, and, as the palate is educated to the simple flavour, little else is desired. At the same time, it is to be borne in mind that in porridge we have the basis of puddings enriched with milk and eggs, sugar, raisins, currants, and rice. A lady, who is an excellent cook, says it is a principle with her to make well-boiled porridge the foundation of all puddings, and that she has no failures. It is a mistake, she says, to over-boil milk and eggs. To be wholesome they should be incorporated with the porridge just before the pudding is dished for the oven, where they will be sufficiently done. Of course the oven may be dispensed with if the combined materials are lightly boiled in the porridge-pan.

Breakfast fare is bound to simplicity, as there is not time for elaboration, if even elaboration were desirable. We have lately made acquaintance with a nice sort of omelet under the designation of—

**FRIED BREAD.**—Bread is cut about a quarter of an inch thick, into any shapes preferred, the crust being removed. The pieces are first dipped in milk (not soaked), and then in beaten egg, and fried with butter until brown in a pan. If properly done, the bread is scarcely observed, and it might be supposed you were eating a remarkably light and entire omelet. The beaten egg may be flavoured with parsley or thyme, or other herb. Another variation is the use of ketchup, diluted with water, instead of milk, in which to dip the bread. This gives a savoury omelet, which is usually much relished, and nothing so nice can well be simpler.

It is that pernicious habit of struggling to imitate costly effects in cheap materials which has done more than anything else to debase decorative art.

No "pattern" is as restful to the eye as plain colour. Therefore, in rooms where one sleeps, or studies, or works, patterns of all kinds could with advantage be banished from the walls.

There is an atrocity we have often seen—namely, a decorated china plate screwed against the wall of a parlour or sitting-room. It presents a cold, hard appearance as an ornament; it clearly would never do for use with a hole through the centre, and has no discernible reason for being there. If it was a piece of rare china, intended as an object of vertu, it should be displayed in a cabinet, not hung on the wall in that weird and vagrant manner.

FURNITURE is not always artistic and beautiful because it is old.

THE deadly enemy of art—"We are selling a great number of them."

SUPERABUNDANCE of ornament wearies the eye and obtrudes unpleasantly upon the notice.



## Fireside Novelettes.

### THE SISTER'S HEIR—A TESTIMENTARY SKETCH.

It happened very curiously. Widow Mary Dudley was the good angel of our small town of Oakland. She was very wealthy; and she was very benevolent. Her heart was all warmth, and her smiles were sunshine. Never a case of suffering which did not enlist her sympathies; and never a case of want that did not open her purse. And she was not above tender nursing. In short, whatever her hands found to do in the way of charity, benevolence, or loving care and kindness she did it.

We called her "Aunt Mary." It was a curious appellation for one of her age, given to her, probably, by people old enough to be her parents. But then they could not call her mother, because a mother must be older than her progeny, whereas an aunt may be younger; and as she was, in truth and deed, in every respect motherly, holding the poor and needy everywhere within her circuit as the children of her care and bounty, the good people had looked for a term—an appellation—that would express something of their sentiment, and at the same time not outrage common sense. And that is the way she came to be called "Aunt Mary."

The situation was as follows:—Mary Bemis had been a fatherless and motherless waif, at the age of four years, in the alms-house. Her father had been a poor, broken-down drunkard, and her mother had died of a broken heart when her child—Mary—was two years old. Her father had managed to keep her with himself, in a poor hovel in the outskirts of the village, a year after that; and then he died from over-drink, and the little one was sent to the alms-house, where she remained a year. At the end of that time her beauty, and her intelligence, and her sweet and patient disposition, recommended her to a hard-working couple—husband and wife—who had been childless. Their name was Bemis, and Mary took it.

At the age of sixteen she was orphaned a second time. Mrs. Bemis died first, when she was twelve; and, young as she was, she became the widower's housekeeper; and nowhere in the country round about was there a house better kept, or a table better served. Four years later Mr. Bemis passed away, and Mary found employment for a time as teacher in the primary department of the village school. She had gained a really fine education.

On the hill, in the "Mansion House," as it was called, lived old Amos Dudley, the wealthiest man, not only in town, but in that region. His personal property, in the books of the assessors, was down at £25,000. He growled, and groaned, and he cursed and swore, when he found himself thus taxed; but he would not take his Bible oath that he was not worth it; for, with all his desire to escape just taxation, he loved to be thought a rich man. He was probably worth £50,000 in safely invested funds; and he owned a vast amount of real estate besides. He had lived a bachelor to the age of seventy;

a small, tough old man, who at the age of three score and ten had never known a day's sickness in his life, barring the diseases incident to childhood.

At the age of seventy Amos Dudley lost his old housekeeper, and looked around for another. He remembered having eaten dinner once with Sam Bevis, shortly before that individual's death; and he called to mind the cookery, and the remarks which the host had made about his little housekeeper—his adopted daughter—Mary.

Where was Mary Bemis now? He started out to find her; and found her—found her growing thin and wan under the burden of a crowded schoolroom. He had not the courage to ask her to come and take charge of his house; albeit, there was no one whom he would like better to have. He sent a letter by a mutual friend. Mary read it, and told the bearer that she would write to Mr. Dudley; and so after the messenger had left she betook herself to a cosy, elegantly-furnished apartment, and, after due consideration, wrote an answer to the old gentleman.

She was then just twenty-five; and old Dudley had therefore little difficulty in persuading her to come and take care of his

Amos Dudley began to ail and to have spells of sickness, and then Mary—he loved to call her by that sweet name—Mary nursed him as tenderly as she would have nursed a child.

In just three years—when Mary was thirty—Amos Dudley died, leaving every atom of property, of whatever kind or description, of which he died possessed to his "dearly beloved wife, Mary," to be hers while she remained unmarried. If she never married again, the property would be hers, to dispose of at her own will and pleasure. Should she marry, however, the property—the whole of it—was to go to an elder sister, or her heir or heirs, whoever he or she or they might be. He had at that time, he believed, an elder sister, Rebecca, married many years ago to Walter Anderson; and he knew that she had at least one daughter, also married years ago; so there could be no lack of heirs, even if the sister should be dead.

Amos Dudley had been dead five years at the time of which we write—when "Aunt Mary" had become a household word in the village, and a household angel as well. She—Mary Dudley—was now thirty-five, and as fresh and fair as ever. In fact, she had grown beautiful in her widowhood. Perhaps it was the growth of the angelic spirit within that gave her the added charms. Her eyes were mild and soft, shining with a light full of loving kindness and tender sympathy. Some had said, "If ever she loves, it will be with all her heart and all her strength. There can be no half-way love in her bosom." And certainly she was made to love, and to be loved as well.

And the time came. A man had moved into the village, from the western part of the State, a few months before—a carpenter by trade, his name George Porter. He was forty years of age; a large, strong, fresh-faced, healthful, handsome man, who had already won the esteem and respect of all who knew him, and those who knew him intimately had come to love him.

Oneday Aunt Mary took it into her head that she would have a general overhauling of the great old mansion, and she sent for Mr. Porter to come and look it

over. He did so, and offered his advice. He told the widow he would draw the plans as he had conceived them, and submit them for her inspection and judgment. He was a week at the work; and when she had seen the plans, and had heard his explanations, she was delighted.

In the course of conversation the builder let it drop that he was looking for a boarding-place. He had been living at the tavern and did not like it. "Come here," said Aunt Mary, impulsively. "At any rate, you can live here while you are at work for me; and that, I opine, will be a considerable time."

Did she know, I wonder, that even then her heart spoke? At all events, she had met her fate. George Porter was the man for her to love—the man to fill her eye and to occupy her whole heart. He was, in truth, as noble a specimen of physical manhood as you will find anywhere; and when the inner man—the spiritual—became manifest, revealing goodness and honour, and truth and purity, and, above all, intellectual and moral power and worth, then we find the man for Mary Dudley to love with all her heart and all her strength.

He accepted the offer the fair hostess had made, remarking at the time that it would be



MARY BEMIS ANSWERS OLD DUDLEY'S LETTER.

house. There would be no children to fret her, and she should not be overworked.

She went; and very soon her health returned; the bloom came back to her cheeks, the brightness to her eyes, and the music to her laugh and song. She was, truly, a beautiful woman. And the old man, who had loved but once before in his life—a disappointed love of his youth, which had embittered his cup for long, long years—this old man fell in love with his young housekeeper. Never mind his wooing. He was kind to her—had been kind from the first—and she was grateful. She had no home; she had not a relative that she knew; and at length, honestly and sincerely, with respect and esteem for the man, but not with love—and she told him so; but she promised that she would be true to him, and would love no other man while he lived.

She was twenty-seven when she became Mrs. Amos Dudley; and with her husband she lived as happily as any woman could have done—happier than most would have done. She looked to his interests, and he saw it. She sympathised with him, and was tender, gentle, and kind. He bought a grand piano for her, and for the first time in his life he enjoyed music. Moreover, past his seventieth year,



a great gain for him to be so near his work. A close observer might have seen that there was a deep under-current of feeling in his bosom, about which he said nothing.

One evening, after Porter had been an inmate of the widow's dwelling a week and little more, as the two sat alone together, after tea, he was led, by something that had been said about early advantages in life, to give to her a brief sketch of his own early days. He said he had been left fatherless and motherless at the age of four years, and had been for a year and little more a waif of the alms-house. When he was in his sixth year a good-hearted couple—man and wife—who were childless, chanced to see him. "Their name," said he, "was Porter." They adopted me; and at the end of the fourth year of my stay with them, Mr. Porter took me before the proper judicial tribunal, and made the adoption legally binding. He—my father Porter—has been dead many years, but my mother still lives, and a dear good woman she is. For what she did for me in my early years I am now able—thank heaven!—to make return in kind."

"Mr. Porter!" said Aunt Mary, deeply and strongly moved by the life-story she had heard—so identically like her own—and speaking in her free-hearted, impulsive way, without stopping to weigh her words, "it truly seems as though heaven had intended that you and I should know one another. Let me tell you my own story, and you will see." And thereupon she went on and told it. She did not seek to gloss over any part of it. She told the whole—the death of her broken-hearted mother, of which she had been told—the death of her unfortunate father, her consignment to the alms-house, her adoption by Mr. and Mrs. Bemis—and so on to her marriage with Mr. Dudley.

"I did not love him, and I frankly told him so," she said, in conclusion; "but I esteemed and respected him; and I loved nobody else. I was homeless—a waif upon the wide, wide world. He offered me a home, and I know he loved me in his way. At all events, I have never been sorry for what I did."

It was a curious coincidence, and they talked it over until quite late.

And they talked of it again and again and again, until at length, on a certain evening when George Porter had been at work four weeks on the house, he took both her hands in his own, and said to her—

"Mary, twenty years ago I loved a pure-minded, true-hearted girl with all the love I had to give; and she had promised to become my wife. But, alas! it was not to be. She died, and left me to suffer; and I have never loved again until now. Now, in my manhood's prime, my heart has gone out to you, and I am bold enough to ask you if you will give to me the crown of earthly bliss. Mary, will you be my wife?"

She gave him her answer with her head pillowed on his bosom—an answer which she knew would round out her own life with the full fruition of joy and gladness.

There was consternation in Oakland when it was known that Aunt Mary had promised to marry with George Porter. Oh! how they wished they had never seen him. How they wished he had never set foot within the village.

When the day had been set for the marriage, the loving twain—and let me say here it is doubtful if two younger people ever loved with a deeper, stronger, purer, or more all-absorbing love than did they—when the day had been fixed for their marriage they sat down and considered how they should find the heirs. Of course, Mary would not leave the property until she could deliver it, intact, into the hands of its lawful owner or owners. George was opposed to advertising.

"Let us be married," said he, "so that the condition shall be fulfilled under which you were to forfeit, and then we will look up the record, and we will make our bridal tour on a search for the heirs."

"Good. We will do so."

And so they did. They were married; and nearly every man, woman, and child of the town was present. And then, when they had made arrangements for the care of the estate, they set forth. They had one solitary clue. By a patient overhauling of old Dudley's letters and papers, and scraps of diary, they found that his older sister, Rebecca, had, some

sixty years ago, married with Walter Anderson, and moved with him out into the Genesee Valley of New York, which was then the extreme western wheat-raising and flour-making region of the United States. There she had had one child, born a number of years after she went away.

A dozen letters were found from her, some of which acknowledged the receipt of money; but she said no word about her child, nor about her husband, until the last letter she wrote, and in that she spoke of her husband's death. She had never signed any other name to her letters than simple "Rebecca."

One bright morning, with never a cloud in the horizon of their future from thoughts of surrendering the great wealth of Mr. Dudley, they started on their search. Rebecca Dudley, or Rebecca Anderson, had settled with her husband in Wheatland, and there all her letters had been posted. Wheatland was on the Genesee River, in Monroe County, N.Y. They reached it in four days, taking their own time for sight-seeing; and having reached it they took quarters at a good public house, and on the next morning after their arrival began their search.

Half the day was passed in a fruitless wandering to and fro. At length, after dinner, they found an old woman, over eighty years of age, but as bright and clear-headed as ever, who had known old Mr. Anderson very well.

"But, bless yer dear soul!" she said to Mary, after she had listened patiently to all our heroine had to say, "Walter Anderson wasn't the father of her child. Anderson didn't live only two or three years arter they come here. Two years arter he died she married with Peter Dunbar, and he was the father of her child. It was a darter, and they called her Harriet. She growed up one o' the pertiest gals I ever saw; and one day a man came along and married her, and carried her off, and I haint sot eyes on her since."

"Did he carry her from this town?" asked George, strangely and deeply excited.

"No. They'd moved across the river, jest over into Henrietta."

"Do you know the man's name whom she married?"

"Sartin. I don't forget such things, young man. His name was John Porter."

"Merciful heavens!" ejaculated George, trembling from head to foot. "My own adopted parents. Harriet Dunbar was my mother! We will go to her, darling, and she will explain."

They gave the old woman a sum of money that blessed the late evening of her life, and then set forth upon the new quest. They arrived at the humble but comfortable home of George's mother—Harriet Porter—on the second day from Wheatland. Mrs. Porter, as we know, had been a widow many years. She was now a healthful, pleasant-faced, portly woman of almost three-score. She received her son and his wife with open arms and an open heart.

Though only an adopted child, had George been of her own flesh and blood she could not have loved him more. In fact, he was her son. The law had made him so. She very soon explained what little there was to explain. She had known that her mother had a younger brother at the east, but little had ever been said about him.

"Mother was peculiar in that respect," she said. "She would never talk about her old family; and I don't think she ever told me what was her brother's name. I have only learned it from old letters that came into my possession after her death."

"You have those letters now, dear mother?"

"Yes, my son. Such things are always sacred to me."

That was all that was needed. George had always promised himself that if ever he had a home, his mother should share it; and now Mary put both her arms around her neck, and asked her to come and help make them happy in their great house. "The house, dear mother, that is now yours. Aye, you are, as sure as the world, the sole living heir of my dead husband's sister."

And so it was proved. They took with them a good lawyer from the town where George had been reared, together with all his mother's papers and letters; and, in the end, and that, too, without the least difficulty—for they had

not a soul to oppose them—in the end, the whole great property was put into the possession of old Amos Dudley's sister's heir. And she—Harriet Porter—held it just long enough to pass it into the possession of her adopted son and his dear wife, and she secured them in the possession by making her will in their favour.

So, after all, dear Aunt Mary was made supremely happy in her union with the one man in all the world whom she deeply and devotedly loved; and the village was not to lose its ministering angel, nor were her earnings for doing good to be made less.



### I.—CANARIES.

[*Frangilla Canaria, Lin.; Serin de Canarie, Buf.; Der Canarien Voget, Bechstein.*]

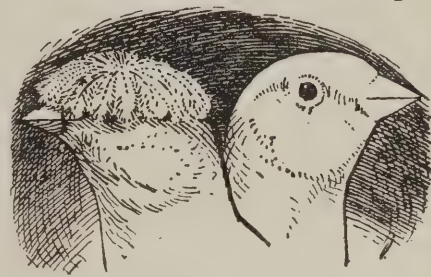


FIG. 4  
NORWICH FANCIES.

THERE is nothing more indicative of a placid and kindly nature than the love of animals. A man surrounded by pets is generally kind to women and children. The half-civilised, half-savage north countryman, who thinks more of his bull pup than of his wife, is the exception to the rule.

Perhaps the greatest favourites in the family are the songsters and other birds, of which pre-eminence must be given to the canary. The original home of this bird—known everywhere in Europe, as far north even as Russia and Siberia—is the Canary Islands. It is universally prized for the beauty of its plumage, its engaging disposition, its admirable song, and its extraordinary docility.

Rather more than three hundred years ago, a ship partially laden with little green birds, captured in the Canary Islands, having been wrecked near Elba, the birds would have met with a watery grave had not one of the crew, when the ship was sinking, bethought himself of the feathered songsters, and opened the door of their case and set them free. They were recaptured by the inhabitants, after they themselves had settled down as colonists. These birds became great favourites, and rapidly spread over Europe.

The birds set at liberty on the occasion of the wreck found the climate so propitious as to breed, and they would gradually have been acclimatised, had they not been so diligently sought after by the birdcatchers, that now not a single bird is to be found on the island.

Of course, on this subject, as on all others, there is difference of opinion. The date of their introduction into Europe is unsettled. Gesner, who wrote in 1585, makes mention of this bird; and Aldrovandus, in his "Ornithology," printed at Frankfort in 1610, gives the first good description of it. Bolton, in his "British Song Birds," says that probably the canary was not known in England till after the time of Aldrovandus; though Willoughby, in his "History of Birds," tells us they were common in his time. Some uncertainty prevails as to what colour they were when first imported from their native country. Writers of the sixteenth century seem to concur in supposing them to be green and yellow, and to bear a great resemblance to the English siskin.

In a description of the Azores Islands by Linschoten we find:—"The principal island of



them all is that of *Tercera* . . . the island that hath no wild beasts or fowls, but very few, having only canary birds, which are there by thousands, where many birders take them, and thereof make a daily living by carrying them into divers places.

In an account by Laurence Aldersey, merchant of London, of his journey to Jerusalem and Tripoli in 1581, he relates that he stopped at Augusta, in Germany, where a resident, to whom he had an introduction, took him through the town to show him the sights. "He showed me, first, the State House, which is very faire and beautiful. Then he brought mee to the finest garden and orchard that I ever sawe in my life: for in it there was a place for canaries birdes as large as a faire chamber, trimmed with wier both above and beneath, with fine litle branches of trees for them to sit on, which was full of these canaries birdes."

Gascoigne, who died in 1577, tells us that—

"Canara birdes came in to he re the bell."

—*Complaint of Phisomona.*

Belin, who wrote about the year 1555, does not mention the canary. It was sometimes called the *sugar bird*, from its supposed fondness for the sugar-cane.

The original colour of the canary is not the bright yellow we are accustomed to, but a kind of dappled olive-green, black, and yellow either colour varying according to circumstances. By careful management, however, the bird-fanciers are able to procure birds of every tint between the three colours, and have instituted a set of rules by which the quality and arrangement of the colouring is reduced to a regular system. The original green is, however, apt to make its appearance, and on occasion, when two light-coloured birds are mated, a green one is sure to be found in the nest.

Some do not care for the artificial varieties produced by the bird-fanciers, by their arbitrary rules always subject to variation; most people of taste think an intelligent bird and a good songster is not one, while the less attractive because the colours of its plumage are not arranged precisely according to rule.

Many stories have been told about talking canaries, but none have been properly verified, except that which Mr. J. L. Sotterby tells in the *Transactions of the Zoological Society* for 1858, and which we give in *excerpts*—

"Touching that marvellous little specimen of the feathered tribe a talking canary, of which I had the pleasure a few days since of telling you, I now send you all the information respecting it from a lady by whom it was brought up and educated.

"Its parents had previously and successfully reared many young ones; but three years ago they hatched only one of four eggs, the which they immediately neglected by reason of commencing the re-building of a nest upon the top of it.

"Upon this discovery, the unfledged and forsaken bird, all but dead, was taken away and placed in flannel by the fire, when, after much attention, it was restored and brought up by hand.

"Thus treated, and away from all other birds, it became familiarised with those only who fed it.

"Consequently its first singing notes were of a character different from an ordinary canary.

"Constantly being talked to, the bird, when about three months old, astonished its mistress by repeating the endearing terms used in talking to it, such as 'kissie, kissie,' with its significant sounds.

"This went on, and from time to time the little bird repeated other words; and now for hours together, except during the moulting season, astonishes us by imitating the changes according to its own fancy, and as plainly as a y voice can articulate them, on the several words—'Dear, sweet Titchie' (its name), 'Kiss Minnie,' 'Kiss me, then dear Minnie,' 'Sweet, pretty, little Titchie, kissie, kissie,' 'Dear Titchie,' 'Titchie we, g-e-g-ee, gee Titchie Titchie.'"

"The usual singing notes of the bird are more of the character of the nightingale, mingled occasionally with the sound of the dog-whistle used about the town.

"It whistles also very clearly the first bar of 'God Save the Queen.' It is hardly necessary to add, that it is of course by nature remarkably tame, so much so that it will, during the season, perch down from its cage on my finger, shouting and talking in the most excited state.

"Our friend, Mr. Waterhouse Hawkins, who had heard the bird, tells me that about twenty years ago, a canary, who spoke a few words, was exhibited in Regent-street, the only instance, I think, publicly known."

Mr. Wood, whose works on birds are textbooks, says:—"One word of advice I will give to possessors of canaries. It often happens that the birds become dispirited, sit drooping on the ground or their perches, and have every symptom of severe illness. In nine cases out of ten this is caused by the red mite, a tiny, parasitic creature almost invisible to the naked eye, which attacks the canaries, and by the continual irritation and want of rest it occasions especially during the night, giving rise to many dangerous complaints. Formerly I lost several birds by this pest, but have now succeeded in its almost complete extirpation.

"The red mites are haters of light; and during the daytime they generally retire from the birds, and conceal themselves in the cracks and crevices of the cage, their minute dimensions enabling them to congregate in immense numbers in a very small space. I am accustomed, therefore, at the brightest moments of noonday, when the mites have entirely retreated into their hiding-places, to remove the birds from the cage, and to apply neatfoot oil to every part of the cage where a mite could take shelter. This plan has the advantage of all others, that it not only kills the mites, but also destroys their eggs, and so prevents a fresh supply from being raised. I then take each bird separately, and after rubbing some Persian insect powder well into the feathers, I scatter some powder on a piece of calico, wrap the bird in it, and let it lie for a quarter of an hour. A feather waved over the eyes of a canary while it is lying on its back has the effect of depriving it of all power, so that it will lie quite motionless until taken up. The powder is then shaken carefully out of the plumage, the bird restored to the cage, and the powder and mites burned.

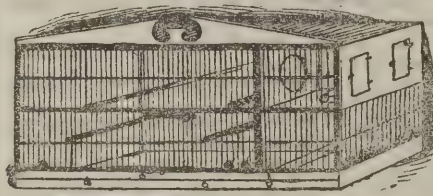


FIG. 1.  
BREEDING CAGE.

"As a few of these pests will escape observation in spite of all precautions, I wait until night is fairly set in, and suddenly taking a very bright lamp into the cage where the birds live, throw its light upon them, and cause the mites to leave the feathers and hurry towards their hiding-places. As at that hour they are always distended with blood, they are easily visible by the light of the lamp, and can at once be killed by being touched with a little oil. Prevention, however, is better than cure, and as the mites are bred in the so-called 'nests' which are so d in the shops, no building substances should be given to the birds without having been previously plunged into boiling water." By carefully taking these precautions, the mites will be effectually destroyed in the course of a fortnight or so, and the owner of the birds will find his reward in the recovered sprightliness of his feathered pets, and their speedy restoration to health."

Canaries are of almost every colour, though prevailing colours are red, grey, yellow, white, and reddish-brown, says Bechstein.

In Italy the canary is chiefly bred with the Cibril finch and the serin; in northern Europe with the linnet, greenfinch, and siskin. Males between a siskin and a serin sometimes exactly resemble a green canary, while the offspring of a female grey canary has been seen in which no trace of the real parentage was to be found.

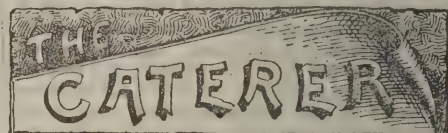
Canaries which are blackish-grey and greyish-brown on the upper part of the body, like a linnet, and at the lower part greenish-yellow, like a greenfinch, are the commonest and healthiest birds, and have deviated least from the original stock. They have dark brown eyes. Yellow and white canaries are not so strong, and have red eyes. Canaries that are reddish-brown, with greyish brown eyes, are the rarest, and in respect to strength and longevity, occupy an intermediate position between the two other

varieties. This bird is valuable in proportion to the regularity with which it is marked. Those, however, in which the body is yellow and white, and the wings, tail, and head, particularly if crested, yellowish dun, are nowdays considered the handsomest birds. Next come the golden-yellow canaries; then the yellow canaries, with black and greenish-yellow head. Grey and very nearly black canaries are held in great estimation.

Those irregularly mottled and spotted as well as those which are uniform in colour, are little valued. Many of these varieties of colour are accidental.

There is little difference between the female and male, except that the plumage of the latter is generally brighter in colour, while his head is rather larger and longer, the body more slender, the neck not so short, and the legs longer and straighter. In the male, too, the yellow of the temples round the eyes is always brighter than in any other part of the body. The size of a canary is about that of a linnet—hat is, about five inches in length, strong pointed, and whitish; the beak five lines in length, strong pointed, and whitish; the feet flesh coloured, and eight lines high.

(To be Continued.)



## CAVIAR.

—O:—

THIS substance, which is considered a great delicacy by the "cheerists" of Russia, Germany, and Italy, is made from the prepared roe of the sturgeon. It had its origin in Russia, where it is consumed in large quantities. It has also, within a few years, been introduced into the United States; and several large establishments have been started for its manufacture on the shores of the great lakes, where the sturgeon abounds. The roe of this fish differs materially from that of other fish, in being of a large size and very thin-skinned, containing only an oily jelly which melts away in the mouth, having little or no residuum, and held together by a network of cellular tissues, fat and muscle in large quantities, and exceeding in size the head of the largest man.

A net of very small mesh spread over a frame does duty as a kind of coarse sieve, and the roes being lightly pressed and kneaded over this, the eggs are detached and fall into wooden tubs placed below, each grain being of a very dark brown or black colour, and utterly distinct from the others.

To make "grained" caviar, the eggs are now sprinkled with salt ground very fine, of which from three to five pounds to thirty-six of eggs are used in the hotter months, while only one and three-quarters to two and a-half are sufficient in cold weather, the least possible quantity of salt being a great desideratum. A wooden fork with from eight to ten prongs is used to stir in the salt, and the eggs become a first doughy, then swell, and finally give out a noise like the stirring of small scales of glass, a sure proof that the process is completed, after which the caviar is close-packed in hard wood kegs.

In making "grain" caviar, the eggs fall into tubs, brine stirred as before, and in lots of about one hundredweight, subjected to heavy pressure in coarse sacks until the brine is expelled, and the whole compressed into a cheesy mass.

Nearly one-third of the contents of the eggs are pressed out with the brine, and the caviar thus made is packed in large casks lined with napkin linen, from whence it is called *caviar à la serviette* or "napkin caviar." *Caviar à la sue*, as its name denotes, is choice pressed caviar, put up in linen sacks, and like other choice preparations, shipped in hermetically sealed cans and boxes.

ARRASENE now figures conspicuously in art needlework. It is particularly effective in the working of such flowers as the golden rod, mignonette, &c., or in representing heraldic devices, which are to be worked in relief.



## BIRD STUFFING WITHOUT A MASTER.

—:—

### CHAPTER I.

#### BIRD SKINNING AND MOUNTING.

WELL, here we are at last. Please turn the key in the door, to keep out all inquisitive pry-ers, for the process into which we are about to initiate you is something of a secret, shrouded in the thin veil of mystery.

You have come to us to-day to learn something of the art of taxidermy, so we will take up, for your first lesson, bird skinning and mounting. But first let us see what

#### TOOLS.

we shall need to accomplish our end. A pair of good scissors—surgical scissors, with long handles and short blades, are the best—a knife or scalpel, a pair of spring forceps, a common knitting needle, a rabbit's foot, which should be cut off at the knee, the nails cut out, and thoroughly cleansed and dried, used for the purpose of smoothing and dusting the feathers of birds after mounting; a fishing-hook, with stout cords attached, for suspending the bodies of birds that would otherwise be too large to handle conveniently. On the whole, we would advise you to get at the start a common dissecting-case, which will contain all of the above, and besides being convenient may save you much delay and vexation.

You will need a pair of stout wire cutters, a flat file, a pair of twisters or forceps, plenty of pins, thread and needles—surgical or saddlers' needles, as they are called, are the best, as they cut instead of punch the skin; a brain scoop, made by twisting a bit of wire into a loop, and a bobbin of thread, which you can procure at a cotton factory. You should also have on hand an assortment of annealed wire, glass eyes of various sizes and colours, tack nails, brads, a piece of putty, sealing and bees' wax, paint glue, artificial leaves, mosses, everlasting flowers, &c., for ornamenting perches.

Now we come to the

#### MATERIALS

required for stuffing. Cotton tow, soft hay, and excelsior are the best, but anything soft will do, except feathers, hair, or, in fact, any animal substance, as they act merely as assistants to the taxidermist's great enemies, the bugs—tineidæ and dactylidæ.

#### POISON

is used to preserve the skins; but as everything of that description is dangerous for young and inexperienced persons to handle, we strongly recommend the following preparation, and guarantee it to preserve their first effort until it becomes an eyesore, and is finally thrown into the fire with much disgust:—

I. Pulverised alum, common salts, equal parts; mix. Label—Salts and alum.

A better preparation is:—II. Arsenic, pulverised alum, equal parts; mix. Label—Poison.

The arsenic is to poison, and the alum to act as an astringent, especially in settling the feathers and fur of skins partially decayed. As arsenic is an irritant poison, great care should be taken while using. See that the hands are free from all scratches, cuts, hang-nails, and broken skin.

These may be covered with court plaster or collodium. Wash the hands immediately after using, and be careful to clean well under the nails. With these precautions there is little or no danger, and it may be used with the greatest impunity. Avoid all so-called "arsenical soaps," as they are both dangerous and disagreeable to handle. Use nothing but the above receipt, and you'll succeed far better. Having all these materials and implements at hand, we are now prepared to go on with our work.

#### LABELLING.

Let us take the blue jay for your first attempt. The first thing to be done is to measure and label it—and, by the way, never neglect this, for a bird without its label in a collection is like a ship without a rudder. Length: Lay the bird on its back, and with a pair of dividers (for a large bird a tape line must be used) measure from the tip of the beak (the head lying flat on the table) to the tip of the tail. Place the point of the dividers on a rule that is divided

into one hundredths of an inch, and see how much they measure.

Extent: Place the bird under the ruler, and, using reasonable force, stretch the wings out, and see how far they reach. Length of tail: Place one point of the dividers at the end of the "pope's nose," and open them until the other is at the tip of the longest tail feather. The tarsus: Place one of the dividers at the middle of the sole of the foot, and measure as far as the first joint. The beak: Place one point of the dividers at the beginning of the cere, or the upper mandible, and open them until the other is at the tip of the beak. In addition to these, we advise you to keep the weight of each specimen, especially in the case of game birds. Set all these measurements down on your label as you go along, also colour of eyes (contents of stomach after skinning), and the number of the bird. This number must correspond to a number in your ornithological ledger—a book in which you should keep an account of each day's doings, the number of birds killed, the number used, and whatever else may be of interest to you regarding the day's shooting.

#### BLOOD STAINS.

These may be removed before skinning by gently washing with a sponge and a little water, and afterwards dried by working into the feathers pulverised plaster of Paris or potato starch, until the water is all absorbed and the feathers become dry and clean; then shake all plaster or starch from the feathers. Now fill the beak, anus, and shot holes with cotton, and we are ready to begin.

#### SKINNING.

Lay the bird on its back, its head towards your right hand, and run the handle of your scalpel from the sternum or breast bone to the anus. In so doing you will see there is a little naked place in many birds all the way down. Stroke the feathers away right and left, leaving this bare, and inserting the point of the scissors at the end of the sternum cut down and into the anus (taking care not to cut through the thin belly walls; if this is done, fill the place with cotton or disembowel). Stopping here, as this makes a good strong termination that will not easily tear, take the forceps in the right hand and seize one edge of the skin. Holding this, press and push (never pull) the skin from the sides and belly walls. Care must be taken that the feathers do not get into the cut, and thus become soiled. Keep stroking them away, right and left, and place a little fluff of cotton, tissue paper, or white pine sawdust under them. After skinning any you will come to a hard substance; this is the thigh. Skin carefully around this and until you come to the other side, when you can easily insert your scissors and sever it from the body.

Push the leg out of the skin until you come to the tarsus; clear away all muscles and tendons, and bring the legs back into the skin again. Repeat this process on the other side without turning the bird round. Now skin carefully around the tail; place your forefinger across this, and, pressing it back a little, insert the scissors and sever the stump. Great care must be taken, however, not to cut the thin and very tender skin over the tail.

Now turn the bird up, and with its belly pointing towards you let the tail fall over the forefinger of your right hand, and with your thumbnail and fingers continue to push and work the skin until you come to the wings. Sever these at the shoulder.

Now holding the skin in the left hand, and letting the body fall over the other side of the fingers, skin down the neck, which will slip out as easily as a finger from a glove, until you come to the base of the skull. Skin carefully over this, taking care to detach the thin membrane of the ear with the thumbnail or scalpel knife, and proceed until you come to the front part of the eye socket. Cut the thin membrane that covers the eyes, taking care not to lacerate the ball, then scoop out the eyes. Stick one point of the scissors just inside one branch of the lower jaw, and make a cut parallel with the jaw, crushing through the skull outside the angle of the jaw. Make a duplicate cut in the other side. Then at the end of these make a transverse cut through the roof of the mouth. Connect the posterior end of the side cut by cutting across the skull near its base. You have now cut out a square-shaped piece of bone

and muscle, and by pulling gently on the neck this will come out, bringing with it a mass of brain. Remove all the brain and muscles of the head. Skin down the wings as far as they will go, and run the thumbnail along the ulna, detaching the quills to the metacarpal bones; remove all muscles and tendons. Now turn the skin and shovel in arsenic, so that all parts may be covered; afterwards shake the skin over your box to remove all loose arsenic.

Some difficulty may be experienced in getting the head back into the skin. Begin in any way you please until you see the point of the beak coming through the feathers, seize this with the fingers, and, making a cylinder of your left hand, gently curve the skin backwards with a motion very much like that of milking. Now if you wish to make the skin neat, dress every feather with the thumb and knitting needle, and see that they all lie in place. Insert the knitting needle through the eye to the top of the skull (under the skin), adjust the scalp, and see that every feather is smooth.

For birds with large heads—such as owls, some woodpeckers, and ducks—over which the neck skin will not easily slip, a slit must be made along the top of the head, and the skull worked through and treated as given. When completed, sew up the skin and carefully arrange feathers.

When birds are to be mounted with spread wings, as if flying, it is sometimes desirable to make the incision along the back instead of the belly, the vertical feathers thus presenting a smoother appearance.

(To be Continued.)

## CHOPS FROM THE RIBS OF WISDOM.

—:—

THE cook's religion should be cleanliness.

Fashion will have her way though comfort be the sufferer.

Gentility begets its own etiquette; don't look for it in the hand-books.

It is a dull dinner that lacks the sparkle of wit and wine.

Flatter a fool for his friendship; for his enmity tell him of his faults.

In culinary as in other arts, the knowledge of a life may leave us in ignorance of something.

If you have no other weapon, fight dependence with a crust; there are no chains that gall like those of obligation.

Ease, comfort, and simplicity are true luxuries, but cheap; and therefore often disdained by dinner-givers.

Drink to gladden, never to stupefy; the guzzler's place is at the trough, not the table.

Want of punctuality may be excused in the cook, or even in the host, but never in the guest.

In guiding the good ship hospitality, let the host take for his compass the ease of his guest.

Familiarity is a pungent sauce; spread it sparingly or you will spoil your dish.

Train your knife and fork to be pantomimists; they can make no music likely to tickle the ear of refinement.

Those who purchase their provender on credit, often buy more than they need; and more often get less than they pay for.

Some men are gentlemen, to make it known At others' tables, never at their own; Society their grace accomplished lures, And sends them home the most accomplished bores.

Urge no dish upon your guest; unless you would intimate that he lacks the good breeding to ask for what he wants.

Choose your guests as you should your wines, with judgment; upon the quality of both depends the success of your dinner.

Eat slow; the rule should surely raise no question.

Unless you'd woo the hag called indigestion; The same that taught Napoleon what it cost To bolt a meal, in Leipzig's battle lost.

In dinner-giving, let the manner of it be within your means; there may be much vulgarity in a display of wealth, but there is more in attempts to hide the want of it.



## VERY NICE RECIPES.

TAKEN FROM OLD SPANISH AND  
AMERICAN COOK BOOKS.

—:O:—

THE following recipes, taken from old Spanish and American cook books, have been tried many times by several generations, and can be recommended to the present and to future generations:—

**FRUIT JELLY.**—Three-fourths of a box gelatine dissolved in one-half pint cold water, then add one pint boiling water, juice of two lemons, two cups sugar, one cup wine. Strain, and when beginning to harden, stir in the following fruits cut up in pieces: two oranges, two bananas, six figs, nine dates, ten English walnuts. Pour into a border mould. Serve ice cold with whipped cream that has been sweetened and flavoured, piled high in the centre.

**CREAM PIE.**—One cup sugar, one-half cup butter, one-half cup milk, one-half teaspoonful soda, one teaspoonful cream tartar put dry into two heaping cups flour, one whole egg, yolks of three. This makes two cakes. Bake in jelly cake tins an inch deep. Cream: Boil two-thirds of a pint of milk, just reserving enough to wet up smoothly one-half cup of flour; stir this in when the milk boils. To one cup sugar add the grated rind and piece of one lemon, pour slowly into the boiling milk and stir fast; have beaten the whites of the three eggs, pour them into the milk while it boils slowly; cook a few minutes longer. Let the cakes cool and then split and fill with the hot cream. Dust the tops with powdered sugar.

**BEIGNETS SOUFFLES.**—Put in a saucepan two gills water, a very little salt, heaping tablespoonful sugar and same quantity butter, small piece grated lemon peel; when nearly boiling remove from the fire and add enough flour to make a light paste. Stir quickly with a wooden spoon until smooth. Let it cool, add one teaspoonful vanilla and break an egg into it and stir quickly, then another egg, and if necessary add still one more to make it of the right consistency to drop slowly from a spoon. Then add the white of one egg beaten to a stiff froth. Put aside for two hours—drop a small spoonful at a time into boiling lard. They should puff up light and large, and when golden-brown remove from the fat. Roll in powdered sugar and serve hot.

**BISQUET GLACE.**—Juice from a can of pineapple sweeten to taste, colour pink with pokeberry juice or cochineal, add one teaspoonful of gelatine dissolved in a little of the pineapple juice, and a teaspoonful of boiling water; add the beaten white of an egg. Freeze this first and line a melon mould with it an inch thick and pack in ice. For the filling, whip one pint rich cream that has been sweetened and flavoured with vanilla or wine; add the beaten whites of two eggs, freeze, and then fill the mould, pack in ice and salt for two hours.

**LEMON BISCUIT CREAM.**—Three lemons, one heaping cup sugar, one cup hot water, six eggs; pare the lemons *very thin*. Pour into the peel the hot water; when it is cold strain and add the sugar, and heat until dissolved. Beat well the eggs, whites and yolks separately, and add to the other ingredients, also the strained juice of the lemons, beating all the time. Pour into a pitcher or double boiler, and set over boiling water, and cook until thicker than boiled custard. Remove from the fire and beat one minute, pour into small paper cases, and put in the freezer and half freeze.

**HOT POTATO SALAD.**—Boil and mash six Irish potatoes, season with one teaspoonful salt, one-half teaspoonful pepper, tablespoonful butter, nine tablespoonfuls milk. Hard boil six eggs, chop the whites fine, mash the yolks and season with one teaspoonful mustard (French), four teaspoonfuls vinegar, one-half tablespoonful butter or oil. Mix the whites and yolks together, then put the potatoes and eggs in layers, the last being potatoes, spread butter thickly over the top, and brown in a hot oven.

**MACARONI AND BEEF (ITALIAN).**—Take one-fourth cup of onions and chop fine, put in a large dripping pan with one cup butter, cook on top of the stove until golden-brown. Dredge a thick slice of round of beef with flour, salt and pepper; place on top of the onions. Half fill

the pan with water, put in a moderate oven for 2½ hours, basting the meat frequently. Serve the meat on a platter; boil macaroni twenty minutes in boiling salted water; when done, place layers of macaroni, gravy, and grated cheese, having the last layer cheese. Serve at once.

**BOUILLIE BAISER.**—For eight or ten persons, take six pounds different kinds fish—sole, haddock, bass, mackerel, &c., twenty or thirty little necked clams, six onions cut in quarters, two tomatoes strained through a sieve, two leaves dried laurel, two slices lemon, little dried orange peel, four cloves, salt and pepper to taste, little saffron, pinch chopped parsley, one pint white wine, put all in a large saucepan. After having washed, scraped, and cut in pieces the fish, the onions, laurel, lemon and orange peel and cloves are to be tied up in a little muslin bag; add half pint salad oil, and water enough to cover the whole. Let it boil hard forty minutes, cut slices of bread for each person, toast, and place on a platter; pour on the fish and sauce and serve at once.

**MONIATILLO.**—Make a thick syrup of one pound sugar and one pint water boiled. Boil one and a half pounds large firm sweet potatoes, mash very smooth, mix thoroughly with the syrup, then cook both together until they will leave the sides of the saucepan, stirring all the time, take from the fire and drop in spoonfuls on plates; when cold, sprinkle pulverised sugar on them.

**LLEMAS ENCARAMELADAS.**—Take yolks of twelve eggs, sweeten to taste with a syrup made like that in the previous recipe, put on the fire in a nice saucepan, cook until hard enough to roll, flour your hands and roll into balls. Drop into a thick syrup boiled until it is almost like caramel; only drop one at a time and remove at once from the syrup and put on greased plates. These two are Cuban recipes.

**TREMONT HOUSE ORANGE CAKE.**—Mix to a cream one pound butter and one pound powdered sugar, add ten well-beaten eggs, one pound flour, and one pint white wine. Bake in prepared pans in thin sheets, remove the brown crusts with a sharp knife, and cut each sheet in two equal parts, spread with a layer of orange cream and place a layer of sliced oranges on the cream, then the other half on top, and frost with orange frosting. Orange Cream: Two ounces sugar, four eggs, one-half pint white wine, one-half pint water, tablespoonful corn starch; stir over a slow fire until it thickens. Orange Frosting: Juice of two lemons and two oranges, mix until stiff enough to spread with powdered sugar. A delicious cake.

**ICE CREAM—NEW ORLEANS RECIPE.**—Take six cream cheeses and the cream that comes with them, two cans condensed milk, four cups powdered sugar, fifteen eggs, whites and yolks beaten separately, add one quart cold water, beat all together. Flavour with vanilla, and add the whites last. Freeze.

**PICKLES WITH OIL.**—Two and a half dozen sweet red peppers, one-half peck string beans, one hundred martinoes, one-quarter peck small onions, one stick horseradish cut into small bits, two large cabbages, one-half pint pepper pods, one pound mustard seed, one-quarter pound allspice, three hundred cucumbers. Put the pickles in brine for nine days, put in a bell metal kettle with cabbage leaves, wipe dry and cool, stuff the peppers with the cabbage, cut very fine and mixed with one-eighth pound mustard seed and one-half pound allspice, one-half cup salt, ten little onions sliced, one and a half pints olive oil, and ground black pepper. Arrange the cucumbers, martinoes, beans, pepper pods, onions, and stuffed peppers tastefully in a quart glass jar; allow one stuffed pepper to every twenty cucumbers. Take one and a half pounds brown sugar and three gallons vinegar, let come to a boil, and fill the jars, add more the next day; look at them in five weeks, and add more vinegar and sugar.

**VINEGAR PEACHES.**—Remove the down from the peaches by dropping a few at a time in cold water. To every four pounds of fruit take two pounds sugar and half pint vinegar, make a syrup of the sugar and water, drop in the peaches, and let boil twenty minutes until they look clear. Drain them from the syrup, add the vinegar, and boil a few minutes longer. Remove from the fire, and seal while hot.

## GASTRONOMIC PROVERBS.

—:O:—

FAST well, feast well.

A wise cook fondles his fire.

Diplomacy lieth under the dish-cover.

Discretion is the proper sauce for cheese.

Let the doubting cook roast his fish.

Court the onion and flee the doctor.

The lean buyer maketh the fat seller.

Wise counsel cometh not from an empty stomach.

All straw is alike to the hungry donkey.

A bad dinner is often redeemed by a good salad.

Rare beef and well-cooked fish betray a wise cook.

Peace hideth herself under the lid of the well-managed pot.

True economy in the household has heaven for its banker.

Neither the nibbler nor the glutton knoweth the value of the feast.

All should profit by the aid of the cook—except the apothecary.

He who eateth without drink buildeth his wall without mortar.

A good salad may owe its excellence to the beauty of the maid who mixes it.

## PUNCH.

—:O:—

FOUR elements, joined in

An emulous strife,

Fashion the world and

Constitute life.

From the sharp citron

The starry juice pour;

Acid to life is

The innermost core.

Now let the sugar

The bitter one meet;

Still be Life's bitter

Tamed down with the sweet.

Let the bright water

Flow into the bowl;

Water, the calm one,

Embraces the whole.

Drops from the spirit

Pour quick'ning within,

Life but its life from

The spirit can win.

Haste, while it gloweth,

Your vessels to bring;

The wave has but virtue

Drunk hot from the spring.

—A Translation from Schiller.

## PRACTICAL HOUSEHOLD HINTS.

TESTED AND FOUND USEFUL.

—:O:—

CRANBERRY jelly mixed with cold water makes a refreshing drink for the sick.

Bent whalebones can be restored and used again by simply soaking in water a few hours, then drying them.

To restore crushed velvet hold it over the spout of the teakettle and let it steam well, then comb up the nap.

Brooms dipped for a few minutes in boiling suds once a week will last much longer than they otherwise would.

Kid shoes may be kept soft and free from cracks by rubbing them once a week with a little pure glycerine or castor oil.

A piece of zinc placed on the coals of a hot stove will clean out the stove-pipe. The vapour produced carries off the soot by chemical decomposition.

If you are troubled with moths in your feather beds, boil the feathers in water for a short time; then put them in sacks and dry them, working them with the hands all the time.

In ventilating a room open the windows at top and bottom. The fresh air rushes in one way while the foul air makes its exit the other; thus you let in a friend and expel an enemy.



## THE TOILET.

—:0:—

### Woman's Dress of the Future.

"If woman is not to be emancipated in this," says Dr. Richardson, "then she bids fair to remain as she has been all along the course of time in relation to dress, a human being restrained by dress, proud of her grand robes, content to bear the weight of them, content to tolerate the inconvenience of them, and content to suffer herself to be admired under all such unnecessary pains and penalties. But at work in competition with men, the flowing and embarrassing dress must go; the milliner must seek a new trade; the books of fashion must be consigned to the fashion of books—they must be placed on the shelf, and ingenuity of a new order must invent a new style of picturesque feminine clothing adapted to the new kind of life."

Men are beginning to see, even wise and conservative old doctors like this one, the common sense of what is rather tiresomely called the woman question. It is to be fully and completely human beings that women are struggling; to develop mind and body in a harmonious ratio; to take their part in the life of the world more strongly and bravely than as a sex they have ever done. There is no danger that the dress of the future will be altogether ugly, no matter how comfortable it may be. There is no danger that the well-poised, sensible, and companionable woman who slowly but surely is winning that place once held by a less admirable ideal, will ever give up an inch of the kingdom she is taking. Equal rights for women mean so much more than the mere gaining of the ballot, that it is not surprising that many well-meaning souls are dazzled by the vistas which the phase opens, and shrink from going on into more light than their weak vision can bear.

### Beauty Sacrificed to Style.

A LITTLE girl recently amused her teacher, who had been giving the class a brief lecture on dress, by her comments on the statement that it was a *duty* to look as pleasing as possible. She fully agreed with her instructress. A lady, she said, might not be at all pretty, but she could dress so prettily as to appear so. As to men it was different. With such "horrid clothes" to wear they could never look well. She was thankful she wasn't a boy!

When this very young woman is a little older she may so far modify her opinion as to admit that masculine beauty cannot be quite obscured even by "horrid clothes." Nevertheless, there is this grain of truth in her remark, that the present costume of men does have a certain equalising effect upon their appearance. There are still ugly and handsome men, but the vast and infinitely graded number between these extremes appear to about the same advantage. It could not have been so in the more picturesque day of ruffled shirts and silver shoe-buckles.

The handsome dandy of our great-grand-fathers' time no doubt enjoyed walking through a minuet, conscious of a shapely leg in a silk stocking, and a white hand graced by a fall of lace at the wrist; but what of the moderately good-looking young man afflicted with slender pedestals? What of the sturdy, athletic fellow with a huge brown paw and stubby finger-tips, emerging in conspicuous clumsiness from a laced-satin sleeve? The modern dress of men, if it does not serve to set off advantages of person, at least conceals many defects.

Almost the same thing might be said of the present fashions for ladies. There is the same approximate equalisation of ugliness. When every woman overshadows her features with headgear of monumental height, and disposes of a vast superabundance of dressgoods in unsightly masses about her person, the defects of nature are concealed by those of artifice. Nor can any head be graceful, nor any figure beautiful, nor any movements free and pleasing under such circumstances. The beautiful face and the plain face will be as strongly contrasted as ever; but the beautiful woman who presents a perfect picture from her crown to her sole will be nowhere seen. She has sacrificed her natural distinction to "style."

### The Care of the Hands.

THERE are not nearly as many secrets in hand treatment as people imagine. A little ammonia or borax in the water you wash your hands with, and that water just lukewarm, will keep the skin clean and soft. A little oatmeal mixed with the water will whiten the hands. Many people put glycerine on their hands when they go to bed, wearing gloves to keep the bedding clean; but glycerine does not agree with everyone. It makes some skins harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed. The best preparation for the hands at night is white of egg with a grain of alum dissolved in it. Quacks have a fancy name for it; but all can make it and spread it over their hands, and the job is done. They also make the Roman toilet-paste. It is merely white of egg, barley flour, and honey. They say it was used by the Romans in olden time. Anyway, it is a first-rate thing; but it is a sticky sort of stuff to use, and does not do the work any better than oatmeal. The roughest and hardest hands can be made soft and white in a month's time by doctoring them a little at bedtime, and all the tools you need are a nail-brush, a bottle of ammonia, a box of powdered borax, and a little fine, white sand to rub the stains off, or a piece of lemon, which will do even better, for the acid of the lemon will clean anything.

### A WORD FOR BACON.

—:0:—

BACON is one of the best articles of food, and, in New England, at least, one of the most neglected. It is a food that should not be slighted in the preparation; for when prepared as it should be it is delicious, and one of the most desirable nutriment.

A connoisseur in this matter tells us to cure the pork without pickling it. Take four quarts of fine salt, one-quarter of a pound of saltpetre, and four pounds of sugar; mix together and rub over one hundred pounds of meat. The salt, sugar, and saltpetre will liquefy, and, to keep them from wasting, the meat should be kept in a tub. Baste the liquid over the meat every two or three days until it is all absorbed, an operation requiring from three to six weeks.

Then smoke the bacon with black birch chips. If these cannot be got, hickory will do; but by no means use corn cobs, as the Yankee farmer does in the smoking of his hams. The cob smoke is rank, while the black birch smoke imparts a delicious flavour which may be got largely also from hickory.

The hog should be of Berkshire breed, and should not weigh over 200; the most desirable weight is 150 to 175. Besides this bacon, even the best commercial bacon is repulsive. As to cooking, tastes differ; some would make a gravy, which, in the estimation of the true lover of bacon, is offensive; others fry it, and they might as well fry beefsteaks. Bacon gets its best flavour when broiled, and is then most digestible; indeed, we have seen those who would rather have their bacon and liver both broiled, instead of fried, as is customary.

Berkshire bacon, not too large and fat, dry cured, with sugar, and smoked with black birch chips, makes a highly delicious article of food that is very nutritious. There is too much tendency, nowadays, to eschew fats, and those who depend on butter and the lard used in cooking for fats, as most people do in the East, do not get enough of them. Dyspeptics can eat broiled bacon with impunity.

In New England, bacon is an uncommon domestic dish, because it has no place in the traditions of the region. In its place the farmer has pickled pork, which, compared with bacon, is about as vile an article of food as whale blubber would be. A certain farmer who experimented on his family with bacon last year, now objects to bacon as a substitute for pickled pork, on the ground that a little of the latter is more than his boys will eat, while a large quantity of the bacon would be required. A false economy here, ignorance in others, and the inertia of custom elsewhere, keep the people of the East and some other regions of this country from eating a most palatable and nutritious food.

It is time to banish the traditional pickled pork of the Yankees and take to bacon.

## HOW TO MAKE AND USE YEAST AND YEAST POWDER.

—:0:—

THERE are a great many ways to make yeast. Having tried many methods, in an experience of forty years, we find the following the best:—One ten-quart pail of water, and four ounces of good hops, boiled twenty minutes; have a clean, sweet tub ready; five pounds strong flour, sifted fine; strain the hop water on the flour, a little at a time; beat it well with a paddle, so as to make a stiff paste; take all the liquor, and put it away in a cool, dry place. For one pail of potatoes for ferment use three pounds of flour and three pails of water—that will require three quarts of stock yeast. Take a jar or small tub. Take three quarts of water, and put in of your prepared paste enough to make it as thick as the thickest ferment. Stock it away with one pint of stock or an ounce of compressed yeast; set it at about sixty-five or seventy degrees of heat, and keep in a warm place in cold weather; it will get ready in about twelve hours. When you set your ferments have out your stock each day, and take yeast paste as the day before, and so on until the paste is all used. Each day, when you stock, always put in a pint of malt. You can use the paste as you brew, using cold water to cool it down, and warm water when the paste is cold; this yeast can never run out; as it is stocked every day, it can only be spoiled by scalding or freezing while it is working or being stocked.

Always make your own yeast powder, and you will know what it is. Thirty-four ounces of pure cream of tartar, sixteen ounces of good baking-soda, twelve ounces of corn starch, and four ounces of fine salt; sift all together through a fine sieve, so as to mix it thoroughly; put in a box or can; in using it, it is reduced by corn starch, so that for every half pint of milk or water, biscuit and all kinds of cake will take one ounce of powder; for biscuit or short-cake sift the powder in the flour.

When you use yeast powder, whatever you are making, get it into the oven as quick as possible; goods are often spoiled by being allowed to stand around too long, allowing the yeast powder to work before it gets to the oven.

### A PLEA FOR SERVANT GIRLS.

—:0:—

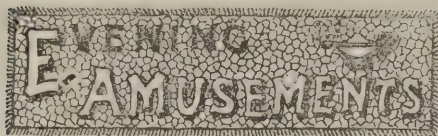
I QUESTION whether it has ever occurred to the minds that are moving on so efficiently in the great world's good works—the minds of the ablest and most earnest of women—writes a correspondent of *Lend A Hand*, that within their very hands is a class of workers entirely overlooked in the movements for the shortening of the hours of labour, and for the spiritual and intellectual elevation of the working classes. Is there any principle of humanity in the average public sentiment that looks consentingly on while the kitchen girl, whose Sunday rest rarely covers more than four hours, begins her week-day's work at five or six in the morning and ends it at eight at night? Surely, with all the labour to better human conditions, in which this noble army of women are engaged, this state of affairs should not be overlooked.

My idea is that we should hear far less of "inefficient and faithless service" would employers in domestic departments of labour conform to the laws that rule in other avocations. The common cry is, "My girl has no interest in her work." What incentive can she have to interest? She never knows when her work is done. If, in contracting with her employer, the hours of labour comprising a day's or a week's work were definitely agreed upon, and she were clear as to the fact that every hour over, whether on a week-day or on a Sunday, was to count towards an extra week, self-interest at least—and that kind of interest is usually no stronger than in the bosom of the employer—would quicken her energies and brighten her understanding into efficiency if any motive could.

No employer has a right to assume, because she has been gifted with larger intellectual opportunities, and is, in a sense, higher in the scale of humanity than is her employée, that the whole time, strength, and the very individuality of that employée are to be absorbed in her service from the moment she enters her kitchen.



Kitchen girls are human as well as other working people. And now, I pay you, editors of the journal to which I send this paper, consider this heretofore unconsidered class; and toward the bettering of its condition, lend a helping hand.



## OUR SPHINX AND PUZZLE PAGE.

The Sphinx was a fabulous animal composed of a combination of a lion and a human or animal head. Those with the human head, according to the Greeks, represented the union of intellect and force. The most remarkable Sphinx is that placed before the second pyramid of Gizeh, sculptured partly out of the solid rock of the Libyan chain of hills 40 feet high above them, 51 feet from the belly to the top of the head, and 110 feet long. The myth of the Sphinx which first appeared in Hesiod, was especially Theban. It was supposed to be brought by the anger of Hera to that part of Greece from the farthest parts of Ethiopia and to have been a Bacchante changed by Dionysius into that form. She used to propose riddles, which, if not solved, she devoured those who failed to explain them. She proposed a riddle in a song called Alyros. The riddle was, What animal walks on all fours in the morning, two at noon, and three in the evening? (Edipus replied, Man, who crawls on all fours in the morning of life, walks erect in the meridian of his days, but is compelled to use a stick in his evening or declining years.)

### ACROSTICS.

Under this heading we shall introduce all the various forms of puzzles.

Acrostic is a word from the Greek, and applies to a poem so contrived that the first, last, or other series of letters of the lines should form some name or phrase. Sir John Davies wrote twenty-four hymns to Astrea, each of which is an acrostic on Elizabetha Regina (Queen Elizabeth). We give some specimens and invite others to be sent in for competition.

### A DOUBLE ACROSTIC.

All hail the power of genius that richly did endow  
The mind of him whose honoured name I have inscribed below;  
He who for years long past has been the pride of all our race,  
Whom future generations, too, shall grant the foremost place.  
Unlike the titled earl, he could not boast of noble birth,  
Yet he was one of the noblest born of mother earth.  
It matters not how him we judge, as poet or at last  
He stands upon the world's wide scene a genius unsurpassed.  
For power his worth to illustrate, in language just and meek,  
I my own acrostic mentor unavailingly entreat.

1. This comes from music soft and charming;  
'Tis heard 'midst tempest roar alarming.
  2. This hero died upon the plains of Troy,  
Yet still he lives, his neighbour to annoy.
  3. Seen in a lady's dress is this, and still  
O'er western hills 'tis said to roam at will.
  4. A Nubian town, across a waste of sand,  
Bravely defended by a gallant band.
  5. For many journals, source of true delight,  
This noted writer—genial, witty, bright—  
Some thrilling stories has been known to write.
  6. Its presence in a great debate we trace;  
We see it when the lawyer puts his case.
  7. A state of weariness, and oft we find  
It presses somewhat heavily on the mind.
  8. Pregnant with meaning, floating in the air,  
They may be false, or may the truth declare.
  9. I'll make my last, and quit the riddling fray,  
So bid to all assembled here—Good day.
- ANSWER.—Shakespeare, Dramatist, thus:—  
1. Sound. 2. Hector. 3. Alpa. 4. Khar-toum. 5. Sala. 6. Point. 7. Ennui. 8. Rumour. 9. Exit.

Though not a very high-class of intellectual entertainment, this kind of amusement is a good instructor and an excellent trial of the wits, especially in the young mind. We shall therefore offer prizes for the best original puzzles which may be sent in, and of which, to render the matter easy to our readers, we give specimens with answers.

### METAGRAM.

'Twas in the first that Jones came home,  
And he was rather second,  
To see the lamp-posts bob about,  
I think he hadn't reckoned  
He staggered on with many a lurch,  
He sway'd all o'er the street,  
Until at last he reached X 10  
Upon his lonely beat.  
X 10 then kindly took poor Jones,  
And showed him his right way,  
Then once again Jones staggered on  
With many a lurch and sway.  
Quite soon his domicile he reached,  
And there his waiting wife  
Came down to meet him with the last,  
Prepared, too, for the strife.  
Next morning he his pockets searched,  
No money had he got;  
'Twixt you and me, it's my belief  
X 10 had got the lot.

ANSWER.—Night, tight, light.

### LITERAL CHARADE.

Now one and two, a glad some stream I flow;  
Then adding three, I've poet's honoured name,  
With four, to greater heights and depths I go,  
Gleaning new wisdom, lovelier tints, and fame.  
'Tis afternoon at one and four, then back  
From four to three, you'll find me there;  
Four, two, three, one, on sullen moor I track;  
Drop three, I'll clean a kitchen or elsewhere.

ANSWER.—Poem, Po, Poe, p.m, me, mope, mop.

### MENOPHONE.

He threw a stone, which broke a first;  
He indulged in an antic;  
But the stone had hit a man who was,  
Just then, with last most frantic.

ANSWER.—Pain, pain.

### ENIGMA.

I'm enclosed very often in a kind of a case;  
Beaten and shaken quite out of my place;  
Cut, split, and dressed up, I'm ready to work  
To carry a message or challenge a Turk.

In a swoon I'm a remedy, speedy and quick,  
To recover the reason of Nannie and Dick;  
When covering my owner I'm seen at my best,  
And oftentimes used as part of a crest.

I'm fixed on a weapon, both of war and of peace,  
And used as a duster by the hand of my niece;  
Though to comfort and life my uses are vital,  
I find I'm simply a void, empty title.

ANSWER.—Feather.

### BRITISH BIOGRAPHICAL RIDDLES.

1. A number, and a compound of metal; a  
Chancellor of England, 1480-1535.
2. To spoil; a much used metal; celebrated  
painter, 1789-1817.
3. An animal; moved rapidly, a distinguished  
barrister, 1750-1817.
4. A letter; possessive pronoun; part of a  
gun; theological writer, 1611-1707.
5. Girl's name; house of refreshment for  
travellers; rather a journalist, 1794-1842.
6. A mean abuse; a weight; an eminent  
geologist, 1726-1797.
7. A pirate; to be indebted; naval hero,  
1725-1799.
8. Scotch equivalent for "no"; projection  
into the sea; discoverer of logarithms, 1550-  
1617.

ANSWERS.—1. M—ore. 2. M—r—tin. 3. Cur—ran. 4. S—her—lock. 5. Mag—inn. 6. Hatt—on. 7. H—ow. 8. Na—pier.

### CHARADE.

My first and dearest is briefly addressed,  
My middle is roved in the mode fitting best,  
My last must be breathed on to make it the  
sweetest,  
My whole is the brightest of times and the  
fleetest.  
Yet there is a counter told the whole,

For the first may be trod 'neath some dusty shoe  
sole,

My middle be the edge of a plate or cup,  
And a Frenchman find evil ere finishing up.

ANSWER.—Ma—trim—(h)oney—met—rum—oni—ony.

### ARITHMOREM.

Another year hath pass'd the goal of Time,  
Another year of all our lives is past,  
And soon will in oblivion be cast,  
Only to bring us near the Great Sublime.

We gaze behind on the impression left  
By us on life's rolling strand,  
Dictated to us by Fate's hand,  
Of joys and sorrows which we are bereft.  
And all wonder what will future bring,  
And for the moment wish that we could gaze  
Into our lexicon of coming days,  
Which lies before us like a welcome shade.

And unto all our readers,  
The rich and poor, the old and young,  
And may it to them all be sung,  
The greeting which my primal tells.

### LIGHTS

1051	L sea	A female name.
202	lap	A sea I claim.
6	rer	Onward flowing.
53	oe	A tree showing.
1010	kas	An ocean sailing.
6	reparing	Never failing.
550	ganen	A country this.
5	over	A wander, I wis.
100	enao	The mighty-deep.
500	kuwancen	Fast asleep.
51	set	In the country seen.
501	ama	A nymph I wean.
505	eaq	To slip away.
50	four	A beast of prey.
100	thay	A vessel view.
50	are	A tit e'tis true.
701	norea	An instrument.
151	nernig	Recumbent.

ANSWER.—A prosperous new year. Thus:—  
Amelia, Pacific, River, Olive, Smack, Persever-  
ing, England, Rover, Ocean, Unwakened, Stile,  
Naid, Evade, Wolf, Yacht, Earl, Accordion,  
Reclining.

### TRANSPOSITIONS.

ENGLISH BATTLES AND SIEGES.	
Men in rank	... Inkerman.
Larenso	... Orleans.
Gain a cut	... Agincourt.
Leo to war	... Waterloo.
Care	... Acre.
Idol	... Lodi.
Line	... Nile.
Seagull	... Algiers.
Rams not room	... Marston Moor.
A drama	... Armada.

### ANAGRAMS.

Hang joy	... John Gay.
Well all make his praise...	William Shakespeare
Dig over Temo Hill	... Oliver Goldsmith.
Johns Ready soul	... Joshua Reynolds.
Thow sword	... Wo dswo th.
Honor est a Nilo	... Horatio Nelson.
Governs a nue quiet land...	Victoria, England's Queen.

### REBUS.

I am the father of the Grecian Jove, (1)  
A little boy who's blind, (2)  
The foremost land in all the world; (3)  
The mother of mankind; (4)  
A poet whose love sonnets are  
Still very much admired, (5)  
The initial letters will declare  
A blessing to the tired, (6)

1. Saturn. 2. Love. 3. Eng'land. 4. Eve.  
5. Plutarch. The initials make (e) Sleep.

### FLOWER CONUNDRUMS.

1. What pleases when in the air, and what a horse can not take pleasure in.
  2. Half a carman and a whole country.
  3. A man's name and part of a goose.
  4. What Goliath carried to battle, and the head of a nation.
  5. A frisky animal, and what follows after wrong-doing.
1. Larkspur. 2. Carnation. 3. Jonquil.  
4. Kitespear. 5. Goat rue.



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# THE COOK & HOUSEKEEPER

## A JOURNAL FOR EVERY HOME



No. 4. VOL. I.

SATURDAY, MARCH 26, 1887.

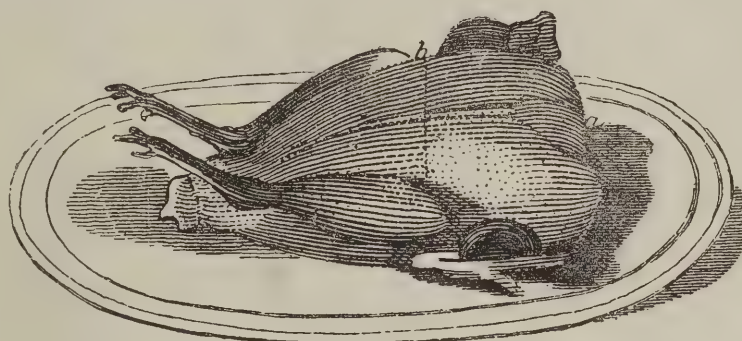
PRICE ONE PENNY

## FIRST LESSONS IN CARVING.

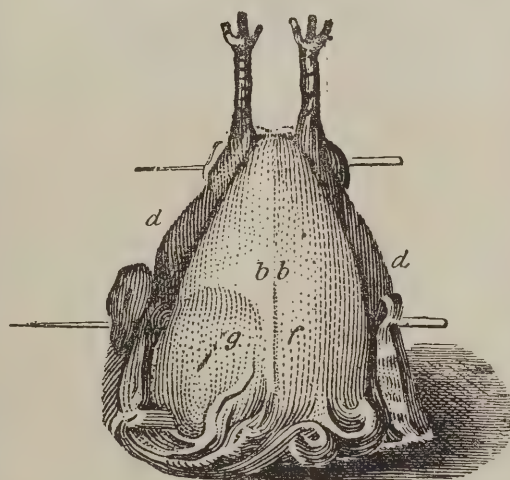
**ROAST FOWL.**—Slip the knife between the leg and body; then with the fork turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of *a* to *b*, only dividing the joint with your knife. When the four quarters are thus removed, take off the merrythought from *c*, and the neck-bones; these, by putting in the knife and pressing it, will break off from the part that sticks to the breast. The next thing is to divide the breast from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts.

If the bird be a capon or large, the breast may be cut into slices in the same way as a pheasant. The difference in the carving of boiled and roast fowls consists only in the breast of the former, if not large, being always served whole, and the thigh-bone being generally preferred to the wing.

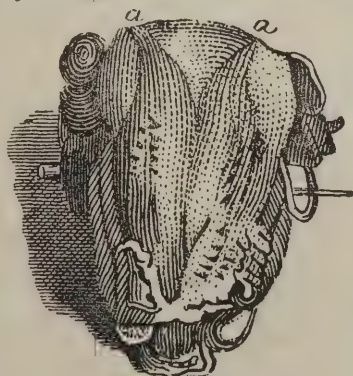
**BOILED FOWL.**—A boiled fowl's legs are bent inwards, and tucked into the belly; but before it is served the skewers are to be removed. Lay the fowl on your plate; and place the joints, as cut off, on the dish. Take the wings off in the direction of *a a* in the annexed engraving, only dividing the joint with your knife; and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. When the four quarters are thus removed, take off the merrythought and the neck bones; these last by putting in the knife and pressing under the long, broad part of the bone, and then lift it up and break it off from the part that sticks to the breast. The next thing is to divide the breast from the



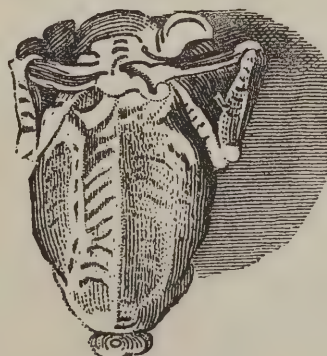
Roast Fowl.



Pheasant.



Boiled Fowl, breast.



Boiled Fowl, back.

carcase by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg, insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts.

If the bird be a capon, or large, the breast may be cut into slices in the same way as a pheasant.

**A PHEASANT.**—The bird in the annexed engraving is as trussed for the spit, with its head under its wings. When the skewers are taken out, and the bird served, the following is the way to carve it:—

Fix your fork in the centre of the breast: slice it down in the line *b b*; take off the leg on one side in the dotted line *b, d*; then cut off the wing on the same side in the line *c, d*. Separate the leg and wing on the other side, and then cut off the slices of breast you divided before. Be careful how you take off the wings, for if you should cut too near the neck, as at *g*, you will hit on the neck-bone, from which the wing must be separated. Cut off the merrythought in the line *f, g*, by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings, and merrythought are the most esteemed, but the leg has a high flavour.

**PORK.**—In helping the roast loin and leg your knife must follow the direction of the scores cut by the cook upon the skin which forms the crackling, as it is too crisp to be conveniently divided, and cannot, therefore, be cut across the bones of the ribs as in the loin of mutton. The scores upon the roasted leg are generally marked too broadly for single cuts; the crackling must in that case be lifted up to allow of thin slices being cut from the meat. The seasoning should be under the skin round the shank-bone. It would be difficult to particularise the best slices off a leg of pork, as much depends upon the fancy of the guests you have to serve, and the taste of the consumer.



# The Cook and Housekeeper.

SATURDAY, MARCH 26, 1887.

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## COOKERY.

MOTTO: "Cookery in England, when well done, is superior to that of any country in the world."—Ude, Cook to Louis XVIII.

—10:—

### CHAPTER IV.—(Continued).

ROASTING is the great English panacea for meat, and roast beef the principal. It is the chief animal food consumed by man. The meat should be hung, taking care in selecting the joint to see that the grain is not too coarse, that the meat is of a bright red colour, soft to the touch, and that the fat is nicely intermixed with the lean. Mutton and beef will be more tender if the weather will admit of their being hung knuckle downwards some days before cooking, but two days in summer are often equal to a week in winter. The lean is the muscular part of the animal, and consists of fibrin, gelatine, and albumen. Experiments, which have been carefully made, show that a sirloin of beef weighing twelve pounds lost in roasting forty-four ounces, of which twenty-seven were water and seventeen fat or dripping. A flank of beef weighing twelve pounds, made into *pot au feu* or *bouilli*, lost twenty-five ounces. It is therefore quite clear that boiling, especially when the liquor is turned to account, as it should be, is the most economic kind of cookery.

Buckmaster gives good advice, he says, "I believe I am regarded as a sort of heretic on the question of roasting meat. My opinion is, that the essential condition of good roasting is constant basting, and this the meat is not likely to have when shut up in an iron box, and what is not easily done is easily neglected. Make up your fire not by shooting on a scuttle of coals, but laying on the coals with your hands, using an old glove. By this arrangement you can avoid stirring the fire, which should be done as little as possible. Just before putting down the meat, which may be suspended by a piece of worsted, if you have no other arrangements, clear up the fireplace, and throw to the back of the fire all the cinders and a little small coal slightly wetted. This will prevent waste of fuel and throw the heat where you want it—in the front. If you have a meat screen place it before the fire so as to get moderately heated before the meat is hung to the fire. Heat reflected from bright metallic substances never dries or scorches the meat. Arrange the dripping-pan so that no ashes can fall into it, and just as far below the meat as will enable you to taste it easily. If you have a little dripping or stock put about a gill into the dripping-pan for basting. Place a newspaper on the floor, this will keep your hearth clean. There is a right and a wrong way of hanging a piece of meat to roast. The thickest part should hang a trifle below the centre of the fire, and if this can be best done by hanging the shank of a leg of mutton downwards do so. The time required for roasting will be modified by circumstances, and different qualities of meat require some different treatment. The time usually allowed is from fifteen to twenty minutes for a pound. Before removing the meat from the fire press the lean part with the thumb, if the meat yield easily, or if the meat steam to the fire, it is done. Never sprinkle salt over the meat till about a quarter of an hour before it is ready."

"Pork is so little to be seen at good tables," says Kettner, "save in the form of ham and bacon, that it would seem to be a work of supererogation to refer to it. It is, however, eaten—indeed, largely consumed on the sly." Hayward tells us: "Most people know that a roast leg of four and five year old mutton (it were superfluous to expatiate on the haunch), with *liver served in the saucepan*, is a dish of high merit, but it ought never to be profaned by the spit, which lets out the gravy and shocks the

sight with an unsightly perforation." This may be true, but a plain roast leg of mutton, with caper sauce, turnips, and potatoes, is quite good enough for ordinary cooks and housekeepers.

Broiling is a very favourite mode of cooking. As Macbeth says—

"If 'twere done, when 'tis done, then 'twere well  
It were done quickly."

Broiling is a very acceptable kind of cookery when well done, but anything broiled requires constant watching. It is an easy mode of making a small portion of meat savoury, and may be recommended to bachelors. It is not the cooking for families. It is curious, however, that this, the most ancient and simple kind of cookery, is, perhaps, the most perfect.

### CHAPTER V.

#### DR. KITCHENER ON COOKERY.

THE stomach is the mainspring of our system, says Dr. Kitchener, if it be not sufficiently wound up to warm the Heart and support the Circulation,—the whole business of Life will, in proportion, be ineffectively performed,—we can neither Think with precision,—Walk with vigour,—Sit down with comfort,—nor Sleep with tranquillity.

There would be no difficulty in proving that it influences (much more than people in general imagine) all our actions;—the destiny of nations has often depended upon the more or less laborious digestion of a Prime Minister.

The philosopher Pythagoras seems to have been extremely nice in eating; among his absolute injunctions to his disciples, he commands them "to abstain from beans."

This ancient sage has been imitated by the learned who have discoursed on this subject since,—who are liberal of their negative,—and niggardly of their positive precepts—in the ratio, that it is easier to tell you not to do this, than to teach you how to do that.

Our great English moralist, Dr. S. Johnson, his biographer Boswell tells us, "was a man of very nice discernment in the science of cookery," and talked of good eating with uncommon satisfaction. "Some people," said he, "have a foolish way of not minding, or pretending not to mind what they eat; for my part, I mind my belly very studiously and very carefully, and I look upon it that he who does not mind his belly will hardly mind anything else."

The Doctor might have said, *cannot mind anything else—the energy of our Brains is sadly dependent on the behaviour of our Bowels*—those who say, 'Tis no matter what we eat, or what we drink,—may as well say, 'Tis no matter whether we eat, or whether we drink.

The following anecdotes I copy from Boswell's "Life of Johnson."

"Johnson.—I could write a better Book of Cookery than has ever yet been written; it should be a book on philosophical principles.—I would tell what is the best butcher's meat,—the proper seasons of different vegetables,—and then, how to roast and boil, and to compound."

"Dilly.—Mrs. Glasse's Cookery, which is the best, was written by Dr. Hill."

"Johnson.—Well, Sir—this shows how much better the subject of Cookery may be treated by a philosopher;—but you shall see what a book of Cookery I shall make, and shall agree with Mr. Dilly for the copyright."

"Miss Seward.—That would be Hercules with the distaff indeed!"

"Johnson.—No, madam; women can spin very well,—but they cannot make a good book of Cookery."

Mr. B. adds, "I never knew a man who relished good eating more than he did; when at table, he was totally absorbed in the business of the moment; nor would he, unless in very high company, say one word, or even pay the least attention to what was said by others, until he had satisfied his appetite."

The peculiarities of his constitution were as great as those of his character:—luxury and intemperance are relative terms, depending on other circumstances than mere quantity and quality. Nature gave him an excellent palate, and a craving appetite, and his intense application rendered large supplies of nourishment absolutely necessary to recruit his exhausted spirits.

The fact is, this great man had found out that animal and intellectual vigour are much

more entirely dependent upon each other than is commonly understood; especially in those constitutions, whose digestive and chylipoetic organs are capricious and easily put out of tune, or absorb the "pabulum vitæ" indolently and imperfectly,—with such, it is only now and then that the "sensorium commune" vibrates with the full tone of accurately considerative or creative energy. "His favourite dainties were a leg of pork boiled till it dropped from the bone, a veal pie with plums and sugar, or the outside cut of a salt buttock of beef. With regard to *dink*, his liking was for the strongest, as it was not the *flavour*, but the *effect* that he desired."—Mr. Smale's account of Dr. Johnson's Journey into Wales, 1816, p. 174.

Thus does the health always, and very often the life of invalids, and those who have weak and infirm stomachs, depend upon the care and skill of the cook. Our forefathers were so sensible of this that in days of yore no man of consequence thought of making a day's journey without taking his "Magister Coquorum" with him.

The rarity of this talent in a high degree is so well understood that besides very considerable pecuniary compensation, His Majesty's first and second cooks are now esquires by their office; we may have every reason to suppose they were persons of equal dignity heretofore.

In Dr. Pegge's "Forme of Cury," 8vo. London, 1780, we read, that when Cardinal Otto, the Pope's Legate, was at Oxford, A.D. 1248, his brother officiated as "Magister Coquinae."

This important post has always been held as a situation of high trust and confidence; and the "Magnus Coquus," Anglicè, the master kitchener, has, time immemorial, been an officer of considerable dignity in the palaces of princes.

The cook in Plautus (Pseudol) is called "Hominum servatorem," the preserver of mankind; and by Mercier "un médecin qui guérit radicalement deux maladies mortelles, la faim et la Soif."

The Norman Conqueror William bestowed several portions of land on these highly favoured domestics, the "Coquorum Præpositus," and "Coquus Regius;" a manor was bestowed on Robert Argyll the "Grand Queux," to be held by the following service. See that venerable record the Domesday Book.

"Addington—Co. Surrey.

"Robert Argyll holdeth one carucate of land in Addington in the County of Surrey, by the service of making one mess in an earthen pot in the kitchen of our lord the king, on the day of his coronation, called 'De la Groute,' i.e. a kind of plum porridge, or water-gruel with plums in it. This dish is still served up at the Royal table at coronations, by the lord of the said manor of Addington.

At the coronation of King George IV., July 12, 1820:

"The petition of the Archbishop of Canterbury, which was presented by Sir G. Nayler, claiming to perform the service of presenting a dish De la Groute to the King at the banquet, was considered by the Court, and decided to be allowed."

A good dinner is one of the greatest enjoyments of human life; and as the practice of cookery is attended with so many discouraging difficulties, so many disgusting and disagreeable circumstances, and even dangers, we ought to have some regard for those who encounter them, to procure us pleasure, and to reward their attention by rendering their situation every way as comfortable and agreeable as we can. He who preaches integrity to those in the kitchen (see "Advice to Cooks") may be permitted to recommend liberality to those in the parlour; they are, indeed, the sources of each other. Depend upon it, "True self-love and social are the same;" "Do as you would be done by;" give those you are obliged to trust—every inducement to be honest, and no temptation to play tricks.

The Doctor quotes the experience of Cernaro, who lived to be a hundred. He tells us that when fourscore he was used to take, in all, twelve ounces of solid nourishment, such as meat and the yolk of an egg, and fourteen ounces of drink. He ate bread soup, new-laid eggs, veal, kid mutton, partridge, pullets, pigeons, and some sea and river fish. "I made choice," he said, "of such wines and meats as agreed with my constitution, and declined all other diet, and proportioned the quantity thereof



to the strength of my stomach, and abridged my food as my years increased." On this Doctor Abernethy remarks: "Cernaro found that as the powers of his stomach declined with the powers of life in general it was necessary he should reduce the quantity of his food; and by so doing he retained to the last the feeling of health."

There is an old saying—"At thirty man suspects himself a fool, knows it at forty, and reforms his plan."

The noble Venetian began at forty to diet himself, and freed himself by this from several grievous disorders contracted by intemperance, and lived in health of body and great cheerfulness of mind to above a hundred.

Dr. Kitchener is wrong in looking upon the above cookery book as the oldest. We have before us one compiled about A.D. 1390 by the master cooks of King Richard II. It is called "The Fame of Cury, a Roll of Ancient British Cookery." The word "cury" is the Old English for "cookery." It is chiefly interesting to the antiquary, but we may, when we have space, cull a few items from its very curious pages.

(To be Continued.)



(ARRANGED ALPHABETICALLY.)

—:0:—

**Artichokes** in England are usually served as a side dish, and artichoke bottoms are used to garnish all sorts of ragouts. Another way of cooking them is to cut them, if large, into eight pieces, or four if they are small; take away the hard part of the bottom, the choke, and likewise the leaves less, and throw the artichokes into water; cut these leaves less, and throw the artichokes into water one by one as you prepare them; then wash and well drain them. Next put into a saucepan a pat of butter; melt it, and put the artichoke bottoms into it, sprinkling salt and pepper over them. Half an hour before serving, put them over a quick fire; be careful they do not burn. When done serve with melted butter. You can also prepare some artichokes and boil them a quarter of an hour, then take out the chokes, and put them into baking pan, with oil.

**Artichoke (Jerusalem) Soup** is made from lean bacon, and half fried, in small quantities, with a small head of celery, a turnip, an ounce or two of butter, three or four pounds of artichokes, some boiling milk, cayenne, salt and pepper to taste, and three or four pints of white stock. The bacon and vegetables are put into a stewpan with the butter and warmed for, perhaps, twenty minutes. Add the cut-up artichokes, with some more stock; strain when done, warm again, and serve with sippets of fried bread.

**Artichoke Bottoms** may be kept for use by cooking them and drying them between two cloths. Then put them in an earthen pot with some vinegar, verjuice, and salt, the whole three fingers deep. Next day add oil and put them in the cellar. They must be taken out of the mixture some days before they are wanted.

For **Fried Artichokes**, take some young ones, and cut them into quarters; trim, pare, and wash them well, and rub them over with lemon, throwing them into a pan, and seasoning with pepper and salt, adding more lemon-juice; then put to them four spoonful of flour, three eggs (yolk and white), two teaspoonful of oil, and stir the whole up with a wooden spoon till the sauce is well mixed with the artichokes. Fry them in dripping or lard, minding that the pieces do not stick together; lay them on a napkin to drain, and serve with fried parsley.

For **Preserved Artichoke Bottoms**, take the bottoms of some artichokes, and throw them into water till you are ready to cook them; then boil till the chokes will come off easily; throw them again into cold water, and having well drained, put them upon a hurdle in a cool oven; if you can keep your hand in the oven without being burned, the heat will be sufficient to dry them. When dried, they are used to put into

ragouts, having first soaked them in lukewarm water. They are still better preserved in brine, like French beans, choosing the artichokes tender and of a bluish colour.

For what is called **Artichauts à la Provençale**, prepare some artichokes properly, and boil them a quarter of an hour; then take out the chokes, and put them into a baking-pan with oil, some cloves of garlic, salt, and pepper; let them bake on hot cinders, with fire on the top; when they are done, take out the cloves of garlic, and serve dry, with some lemon-juice.

**Artichoke Salad.**—Cut up six raw artichoke bottoms into thin strips, slice two medium-sized cucumbers very thin, chop up two very young onions or scallions; toss these ingredients together, then shape them neatly in the dish, garnish with small radishes, sprinkle half a teaspoonful of celery salt over the dish, pour a plain dressing over all, and serve. The young artichokes only are used in raw salads. They are excellent raw and eaten as radishes; dip the bottoms into a dressing of salt, as you would celery. Artichokes are excellent in all vegetable and mixed salad; they may be used either raw or boiled.

**Artichoke (Jerusalem) Salad.**—Wash and scrape the skin off a dozen artichokes; boil them ten or fifteen minutes in salt water; when a little cooled slice them into a salad bowl containing plain salad dressing enough to cover them, add a slice of onion; let them stand twenty minutes; remove the onions, put in a salad bowl a head of lettuce, and with a spoon add the artichoke to the lettuce; sprinkle over the salad a teaspoonful of chopped salad herbs, pour the remainder of the dressing, if any, and serve. The rest may be boiled slowly in milk, which improves their appearance very much.

**Artichokes (Jerusalem)** and boiled potatoes, equal parts, with fresh salad herbs and a head or two of chicory, is a very good salad.

They may be eaten raw; slice them very thin, cover them with vinegar, let them stand fifteen minutes, then mix them with cress or dandelion, and serve with a plain dressing.

**Ascalon.**—The celebrated city of Phoenicia, which is celebrated in history, has come down to us as having been largely productive of wine, oil, and, above all, of shalots, which word etymologists derive from *Ascalonice*, *escalotes*, *echulotes*, and finally *shalot*. The town no longer exists, but the pungent vegetable has spread all over the world.

**Ashen Keys** (pickled).—Ashen keys are the seeds of the ash-tree. Take them as young as you can get them, and put them in a pot with salt and water; then take green whey, when it is hot, and pour over them; let them stand till they are cold before you cover them; when you use them, boil them in fresh water; when they are tender take them out and put in salt and water.

**Asparagus**, cultivated from time immemorial in the garden, is a health-giving vegetable, easy of digestion. There are many varieties of asparagus. Asparagus is not only one of the most wholesome, but also one of the most delicious of vegetables. In springtime it comes abundantly to the table, beginning in the month of April, when we are tired of dry vegetables. Peas are not so nice when they are old, but that is not the case with asparagus, which is delicious at all seasons. At Easter we find it to be an acceptable visitor at the palace. According to Theophrastus, who spake like a god, the Greeks considered asparagus as a delicacy. The Romans regarded it with a kind of passion.

Asparagus is eaten with white sauce, as with green peas. After having scraped and cut them to the same lengths, tie them into little bundles, and cook them in boiling water ten or fifteen minutes, according to size, with a little salt, taking care to maintain the fire so that the water is never off the boil. Put them on a plate in the form of a pyramid, and put over them the white sauce.

If you wish to eat them with oil, put them in cold water, eating only that which is green and tender.

In his article on **Asparagus**, Dubois, author of "Artistic Cookery," says white or violet asparagus is one of the most distinguished and delicate of vegetables. It can be partaken of daily without losing its relish and without danger of being injurious to the health, which cannot be asserted with regard to many other dishes far more luxurious and highly appreciated.

Large-sized asparagus is certainly the most highly valued; but only if of a good sort, freshly gathered, and properly cooked. There is not so great a difference between large and small asparagus, they differ in size wholly; as for taste, flavour, and quality, they are alike. The right moment for the cooking of asparagus is a consideration by no means to be overlooked. If, when held by the thick end in a horizontal position between the fingers, it does not bend slightly, it is not well done. If the flavour of asparagus is well appreciated, it must be eaten immediately when boiled. If allowed to grow cold, it should be eaten with oil or vinegar. Kettner speaks of this as the queen of cooked vegetables. It is a kind of lily. It was once used in medicine because of its slightly narcotic and soothing influence, due to what the chemists call *asparagin*. The French still cling to the root. It grows wild by the seaside, and in Cornwall and elsewhere. We produce, Holland alone excepted, the finest asparagus in the world.

There is medical use in asparagus. If a patient suffering from excessive action of the heart eat asparagus, he will experience considerable relief. Syrup of the green ends of asparagus, like the plant itself, has the power of diminishing the action of the heart without annoying the stomach. A mild sedative nutrient article of diet is a great desideratum in a variety of inflammatory diseases, particularly in the early stages of pulmonary consumption.

**Asparagus.**—The ordinary way to cook this delicious vegetable is to boil it. The asparagus must be fresh cut, and only needs washing in cold water. The stalks must be scraped and put into boiling water, with plenty of salt. When cooked, this is easily ascertained by tasting; serve on toast. Send up with melted butter. They may be tied in small bundles. Asparagus peas, as they are called, is a very extravagant dish. The tips are cut off, boiled in boiling water, thrown into cold for a minute or two, and then placed in a stewpan with a small bundle of green onions and parsley, two ounces of butter, a spoonful of powdered sugar, some grated nutmeg, and salt. After five minutes remove faggot, add two small pats of fresh butter.

**Asparagus Salad.**—Cut the end of each sprout; scrape off the outside skin with a kitchen knife, and wash them; tie them up into small bundles and boil them, if possible, with their heads just out of the water; the steam from the water will cook the heads, and if covered with water they are cooked before the root ends. When done, plunge them into cold water, drain, and arrange them in a flat side dish, and send to table with a plain salad dressing. Many prefer some vinaigrette, while others are satisfied with melted butter.

**Asparagus Soup** is very good. It is made with a bundle of green young asparagus, put in a pan with half a handful of fresh spinach, the same of spring onions, washed in two waters. After draining, boil in two quarts of water, with a little butter and salt. As soon as done, strain off the liquor, which is to be kept; then bruise the asparagus, return this to the liquor, pass through a tammy, and put in soup pot. Before serving, add three ounces of glaze, two ounces of flour kneaded with the same quantity of butter, pepper, and salt, and a little white sugar, stir until it boils; then serve with fried crusts made from stale crumbs of bread, cut in slices a quarter of an inch thick, and again into squares. Should be of a light brown colour.

An **Asparagus Soup** may be made of good roots, and when it is strained boil a pint of green peas in a part of it. Select some asparagus of middling size, cut them into pieces three or four inches long, blanch them in boiling water, and then put them into cold water; next drain, and tie them in small bundles, splitting slightly the green tips and boiling them with the peas. When the peas are done make a *purée* of them; a *purée* is made, for instance, by putting some peas into a saucepan with salt, a very few young onions or leeks, celery, carrots, some bacon, if the soup is not to be meagre, and a proper quantity of water. Mix this *purée* with the root soup, garnishing the rim of the dish with the asparagus.

**Ass, The**, must be mentioned in our handbook, as its milk is most valuable in cases of pulmonary diseases, and of weak stomachs which suffer from chronic irritation. It is the nearest approach to mother's milk, having less butter,



more caseine, and about the same amount of sugar. We give a comparative table:—

Mother's Milk.		Asses' Milk.	
Butter ...	3-80	Butter ...	1-50
Caseine ...	0-34	Caseine ...	0-60
Albumen ...	1-30	Albumen ...	1-55
Milk sugar ...	7-0	Milk sugar ...	6-40
Salts ...	0-18	Salts ...	0-32
Water ...	87-38	Water ...	89-63
100-0		100-0	

It was introduced into France by a celebrated Jew doctor in the reign of Francis I. It curing him, it was adopted by the Court of both sexes. The flesh of an ancient donkey is hard; that of the young one very tender, and in eating-houses and restaurants is passed off as veal. At Lyons it makes admirable sausages. Those of Bologna are exclusively made from the flesh of the ass, which are bred for the purpose. In Kettner's "Book of the Table" (Dallas), the editor tells a good story in relation to this animal:—"It is said that the Lyonnaise and Bolognese, coming to London, have been known to rush to the City to Ironmonger-lane, to extend their acquaintance with the good little beast. He read the name, *Irons-manger-lane*, "let us go eat of the ass."

**Auld Man's Milk.**—As they call egg-nog in Scotland.—One tablespoonful of fine sugar, dissolved with one of cold water, one egg, one wine-glassful of Cognac, half of rum, half a tumbler-full of milk. Fill the tumbler a quarter full of shaved ice, shake the ingredients until they are thoroughly mixed, and grate a little nutmeg on top.

**Australian Meat.**—There has been and still is a prejudice against this article of food. It is, however, unnatural and unwise. Properly cooked, it is wholesome and cheap. The following is a fact:—A working man in poor circumstances, with many children, came home one day and told his wife that a man he knew said he often got Australian meat for his family, and that he and a neighbour bought a tin of it between them for 2s. 4d. containing four pounds of meat, which was at the rate of 7d. a pound, and that a quarter of a pound was enough for each of his children, and his wife and himself too when he was not extra hungry. "I don't believe that a quarter of a pound is enough for each; he is hoaxing you, dear." "No, he wasn't," answered the husband; "but I forgot to say it was cooked, so of course a quarter is a fair allowance; suppose we try it, wife." "I don't fancy it, for I heard Mrs. Jones talking of it, and she was prejudiced against it, because it was a new thing." After a long struggle the husband prevailed and the meat turned out wholesome and succulent. There are many ways of preparing it.

**Australian à la mode Beef.**—Boil some carrots and dried herbs in water, or in preference stock or broth. Add some onions sliced or browned. Cut your meat in small pieces, flour them well, and fry till a light brown colour. Season and let the whole simmer for fifteen minutes. If preferred, add thickening and flavouring of sauce.

**Australian Beef.**—For families we can recommend the contents of a four-pound tin. This thrown into a large iron saucepan, with a couple of carrots, a cauliflower cut into quarters, a large Spanish onion, a bay leaf, a chive of garlic, and a few such simple condiments as pepper and salt, and the whole allowed to simmer on the hob for a sufficient time, and then served up piping hot, neatly garnished with triangles of brown toast will give a dish toothsome, nutritious, and cheap.

**Australian Beef.**—A very savoury dish is to be made as follows:—Put some of the fat from the tin into a frying-pan, and in it some sliced onions till browned. Mix a teaspoonful of curry with two tablespoonsful of flour, and mix together in a paste. Boil about a quarter of an hour in a stewpan, well stirring in the paste and onions; add your meat sliced; simmer for a few minutes, and season. You can boil some rice and serve with it.

**Australian Beef Soup.**—Take sufficient beef for the number to be served. Put it with the fat and jelly in a stewpan by the side of the fire. Add about a pint of water to each pound of meat. Leave it to simmer for half an hour. Add some carrots, turnips, celery, a few cloves,

some thyme, parsley, any of them or the like, with pepper and salt. Try a little thickening of flour, and a spoonful of brown sugar.

**Australian Beef Tea.**—Beef extract dissolved in boiling water, to taste, and thickened with arrowroot or corn flour, and seasoned, makes the best beef tea. If preferred, some vegetables may be cut fine and first thoroughly stewed in the water.

**Australian Beef Seated in the Oven.**—Turn the meat out of the tin, then cut thick slices, and put each slice in a piece of paper greased with dripping, and place them in an oven until hot through. This, eaten with fried potatoes is very nice.

**Australian Bubble and Squeak.**—Turn the meat completely out of the tin, fry some cold cabbage and slices of beef in a little of the fat out of the tin.

**Australian Curried Mutton.**—Thoroughly boil some turnips, onions, and a head of celery, with a chive of garlic. When perfectly pulped, strain if preferred. To this liquor add the meat cut in slices, with curry powder to taste, boiled in water and thickened with flour and seasoned. Have some rice slowly simmered (one part rice to three of water), with a lump of butter, but not stirred. Put this in dish, pour on curry, and serve.

**Australian Fritadellas.**—Mince the meat coarsely, season with pepper, salt, and mixed salt, chopped shallot, a little thyme, and a bay leaf, put it in a stewpan, and to every pound of meat add one egg, beaten up, and sufficient bread-crumbs to make it stiff. Warm it, stirring all the time; remove it on a dish to get cold. Divide into small cakes and fry.

**Australian Fritadella Rolls.**—Make some light paste with the fat instead of butter (the fat when clarified is much better than most butters for paste), prepare the meat as for fritadellas, and proceed as for sausage rolls. Bake quickly.

**Australian Hotch Potch.**—For this you must have some stock. Then take three or four turnips, the same of carrots, some small mint or lettuce, and a little parsley. Boil for one hour. About twenty minutes before done, put in a cauliflower, cut small, and one quart of shelled peas and some young beans. When ready, add some slices of mutton, and gently simmer until warm through.

**Australian Meat Pie.**—Cut the meat into pieces and put into the dish with hot cooked potatoes cut in halves, add a gravy (three pennyworth of bones stewed in a quart of water make very good gravy for several dishes), put in a hot oven just until the meat gets well heated through. The pie can be made with boiled rice in place of potatoes.

**Australian Meat (a simple relish).**—Cut the meat in slices, and warm up in the jelly or gravy, with season to taste.

**Australian Mince-meat Dumplings.**—Cut the meat into pieces half an inch square, season it with pepper and salt; make some paste, using the fat out of the tin for the paste, roll it out, and place the meat in a piece of the paste large enough for a dumpling for each person.

**Australian Meat Cakes.**—Mince finely either beef or mutton with some fat. Season with pepper and salt, &c. Mix well and make into small cakes. Fry a light brown and serve with good gravy, or it may be boiled or baked. Bread-crumbs, yolks of eggs, onions, sweet herbs, relish, or curry powder may be added to taste.

**Australian Mince-meat Puddings.**—Use the superfluous fat for the paste. Cut the meat into pieces, and season to taste. Place some in the middle of a portion of paste, and form into a dumpling, or place in a cup and cover with paste and boil. Each dumpling or pudding should be for one person.

**Australian Mutton or Beef.**—An onion fried brown and a carrot stewed and chopped, then half a pound of meat with pepper and salt, to which add a tomato or two, a sliced cucumber, or both. Turnips or vegetable marrows, costing less, are more to be recommended to the many. The ingredients given are sufficient for one person.

**Australian Mutton, Hashed.**—Boil some onions in water, or, what is better, stock in season. Thicken with flour and butter, add the meat, sliced thinly, and flavour with relish or ketchup. Place the meat on a dish, and pour over the boiling gravy, and serve with sippets.

**Australian Ox Cheek and Ox Palates.**—These cut in pieces, well seasoned, and warmed in good stock, make excellent soup or stew.

**Australian Ox Tongues.**—The tongues are ready for immediate use, and will bear comparison with those on sale at our provision shops. They are firmly rolled and packed in tins, and if neatly trimmed with a fillet of paper present a most appetising appearance. Being cooked when quite fresh they require some condiment or sauce.

**Australian Potato Pie.**—Cut some beef or mutton into convenient sizes, place in a pie-dish with jelly and seasoning. Cover with a paste of potatoes mashed with milk or dripping. Bake in the oven till potato cover is brown, and serve.

**Australian Potato Puffs.**—Mish some potatoes, and make them into a paste with one or two eggs. Roll it out with a dredge of flour, and cut it round with a saucer. Having some meat finely chopped and seasoned, place it in one half and fold it over; pinch or nick the edges, and fry a light brown.

**Australian Rissoles (Mutton and Beef).**—To each pound of chopped meat allow three-quarters of a pound of bread-crumbs; salt and pepper to taste; add a few savoury herbs and one or two eggs, according to quantity of meat, mix well together, roll into balls, and fry brown.

**Australian Roast Beef.**—Carefully scrape off with a wooden spoon all the fat and gravy from the block of beef; tie it tightly round with a string, putting a piece of the solid fat in the centre, much in the same manner as rolled beef is tied. Then hang it as though it is a fresh joint before a bright and clear fire, giving it a slight sprinkling of flour all over after it is hung. Separate the congealed gravy that surrounds the meat, place it in the dripping-pan and, at intervals of a few minutes, baste with it the turning joint. In half an hour the meat will become brown by the brisk heat, and can be taken down. Pouring off the dripping, you can make a rich brown gravy in the ordinary way, by the addition of a little flour and water to what remains. This dish will be found tasteful, agreeable, and even rich, almost melting in the mouth, and in all respects equal, if not superior, to second-rate English beef.

**Australian Spiced Meat.**—The meat is very nice if removed from the canister and seasoned with a little pepper, salt, and mixed spice; then put it back into the canister, which place in a stewpan or saucepan with boiling water; when warm through take out the canister, place over it a piece of wood with a weight on it; allow it to get cold, turn it out of the canister and serve, carving with a sharp knife.

**Australian Squab Pie.**—According to family cut mutton into slices, and put in pie-dish, with jelly, then put a layer of onions, season with pepper and salt, and add a little water. Slice some apples and put them and some potatoes on the top; cover with crust, and bake.

**Australian Stewed Kidneys.**—These have simply to be warmed sufficiently, either in stock thickened and seasoned to taste, or served with boiled rice or mashed potatoes.

**Australian Supper Dish.**—Boil some potatoes and mash. Make into a paste and roll out, dredging with flour. Roll out to a convenient size. Mince some meat, beef or mutton, and season. You may add some pickles cut fine, and some of the meat jelly. Place this in one half of the potato paste, turn over, form puff, finish the edges, and fry lightly.

**Australian Toad-in-the-Hole.**—Mix some good batter, season it well. Pour some into a dish, previously well greased, and place in oven. When well set place on it slices of beef, about two inches thick, then add remainder of the batter, which should cover the meat. Bake, and when done, turn it out in dish bottom upwards.

(To be Continued.)

A GLUE which will resist the action of water is made by boiling one pound of common glue in two quarts of skimmed milk.

If the face is manipulated with a small quantity of olive oil for five minutes, night and morning, premature wrinkles will disappear. A too frequent application of alcohol, as in bay rum, Florida water, cologne, &c., makes the skin dry and brittle, and impairs its nutrition. An emollient bath will make the skin elastic, and a few drops of ammonia added will destroy any odour of perspiration.



## JEWISH COOKERY.

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**MODES OF DRESSING FISH.**—The chief differences between Jewish cookery and that of other people are based upon Biblical precepts. In the first place, the flesh of all such animals, birds, and fish as are mentioned in the eleventh chapter of Leviticus is rigidly excluded from their dietary. For example, the hare is not eaten because it does not chew the cud; eels, oysters, and shrimps because they do not possess both fins and scales; and so on. The mode of killing such animals and birds as are permitted is also quite different from our own, and is surrounded by Talmudical ordinances of all kinds, many of which are to be recommended from a sanitary point of view.

In preparing food for the table two chief precepts have to be obeyed; first, "Ye shall eat no manner of blood, whether it be of fowl or beast" (Lev. viii. 26), in accordance with which the meat is what they call "koshered," from a Hebrew word *kosher*, to be pure—that is to say, freed from the blood before it is cooked. In order to do this it is soaked in salt and water for from an hour or less to two hours, according as the persons for whom it is intended are strict or not. Secondly, the injunction, "Thou shalt not see the kid in its mother's milk" (Exodus xxiii. 19), has to be obeyed. In consonance with the Talmudical precept, "Thou shalt make a fence about the land" in order to prevent transgression, this injunction has in past Biblical times become so extended as to practically mean that no sort of milk, cream, or butter shall be eaten with any sort of meat, and the ultra-orthodox place an interval of three hours between taking meat and butter, take no milk in their coffee after dinner, and even go so far as to have separate services and separate sinks and cloths for washing up "meat things" and "butter things." This causes some difficulties in the cooking, as, for instance, dinner pastry must be made with dripping instead of butter and lard, which latter is tabooed under the heading of swine's flesh. Again, imitations made of whipped whites of eggs and the like have to take the place of cream in dishes for dinner or supper, where meat is to be eaten. But although Jews thus labour under what may be considered a disadvantage as regards the *cuisine*, they are exceedingly fastidious as regards the table, and, as a rule, excellent cooks. They have invented also various dishes unknown to us, and superior modes of cooking others, and some of these I shall describe now and in future articles. Jews eat a great deal more fish than other people, and they generally have it prepared by frying in the following way:—

**TO FRY FISH.**—Cut the fish into pieces the requisite size, wash with salt and water, sprinkle with salt, drain, and dry by rolling in a cloth. While the fish is drying beat up some eggs, pour them into a flat dish, and fill another dish with flour. Then roll each piece of fish as you take it from the cloth first in the flour and then in the egg, so as to coat it all over; after this put it in the pan with a quantity of best frying oil at boiling heat, sufficient to three parts cover it. Fry gently, turning each piece so that all may be of an equal light brown colour. When done, place the fish on a dish or strainer before the fire for the oil to drain off. The fish should not be put into the pan to fry until the oil has ceased to bubble, for if this rule is not adhered to it will become greasy. As the oil is rather expensive, it is well to know that it will serve for two or three times if strained and poured off into a jar, a little fresh being added if the quantity does not suffice. If a quantity of fish is being fried, as one piece is done a raw piece may take its place in the pan, and a little fresh oil may be added when necessary; if the oil gets too low the fish sticks to the bottom of the pan and burns. Fish cooked in this way is generally served cold, and is very good for breakfast; but it may easily be warmed with a little butter in the oven. Being nice cold, it is very useful to have in the house in case of unexpected visitors.

The following modes of stewing fish are also essentially Jewish:—

**WHITE STEWED FISH.**—Chop an onion fine and brown it in a stewpan with a little oil, add half a pint of water, and place the fish,

previously prepared as for frying, in the stewpan, seasoning it with salt, pepper, mace, ginger, ground all-spice, and nutmeg. Let it stew gently till the fish is done. Beat the yolks of four eggs and mix them with the juice of two lemons, a teaspoonful of flour, a tablespoonful of cold water, and a little saffron; after well mixing in a cup pour it into the stewpan, and stir carefully till it thickens. About twenty minutes before serving, balls made in the following way should be thrown in:—Take a little of the fish, liver and roe, if there is any, beat it up finely with chopped parsley, and spread warmed butter and crumbs of bread, seasoning according to taste. Make this into a paste with eggs, and roll it into balls about an inch in diameter. When serving, arrange the balls symmetrically round the dish, and garnish with sliced lemon and parsley. This dish is delicious cold for breakfast, luncheon, or supper.

**BROWN STEWED FISH.**—Fry some fish, such as sole, plaice, mackerel, salmon, or halibut, a light brown (remains of cold fried fish if neatly cut will do), brown a sliced onion in a little oil, add a cup of water, cayenne pepper, salt, nutmeg, and lemon juice, simmer gently till done, and then add quarter of a pound of stale gingerbread grated to thicken the gravy. This stew, though not so elegant as the former, is very nice, and is also eaten cold.

**DUTCH STEWED FISH.**—Cut three or four parsley roots into pieces, slice several onions, and boil them in a pint of water till tender, season with lemon juice, pepper, salt, and mace, after which, put in the fish, and let it stew till nearly done. Remove it, and thicken the gravy with a little flour and butter, and the yolk of one egg, then put the fish back in the stewpan, add balls as directed in the recipe for white stew, and boil up.

**FISH FRITTERS.**—Make a forcemeat of any cold fish into thin cakes, fry them of a light brown, then enclose them in a thin paste, and fry them again. The roes of fish or livers are particularly good cooked in this way.

**FISH OMELET.**—Shred any cold fish finely, season, add finely-chopped parsley, and mix it with beaten eggs. Make this into a paste, fry in thin cakes like pancakes, and serve hot on a napkin. There should be plenty of boiling oil or butter in the pan to fry them, and more eggs are needed in preparing omelets than for fritters.

**A DUTCH FRICANDELLE.**—Remove the skin and bones from two pounds of dressed fish, cut it into small pieces, add two or three chopped anchovies and season well. After having soaked the crumb of a French roll in milk, beat it up with the fish and three eggs; place the mixture in a mould which has been previously buttered and sprinkled with raspings, and bake till done. Turn out and serve either with anchovy sauce or dry. In the latter case after turning out, grate crumbs of bread finely and thickly all over it, and place it before the fire for a few minutes to brown.

The following dishes are cheap and very good.

**BAKED MACKEREL WITH VINEGAR.**—Cut off the heads and tails, open and clean the fish and lay them in a deep pan with a few bay leaves, whole pepper, half a teaspoonful of cloves, and a whole teaspoonful of allspice, pour over them equal quantities of vinegar and water, bake for an hour and a half in a slow oven, and serve when cold. Sprats and herrings are also nice prepared in this way.

**RED HERRINGS** are nice cooked as follows: Cut off head and tails, soak the fish in hot water for an hour, wipe and dry them, and pour over them a mixture of warmed butter and one beaten egg; sprinkle with bread-crumbs, flour, and white pepper, and serve very hot.

**BAKED HADDOCK.**—Carefully clean a large, fresh haddock, fill it with fine forcemeat made as for veal stuffing with the addition of two minced anchovies, cayenne pepper, and butter; sew it up securely, dredge the fish with flour, and pour over it warmed butter, sprinkle with pepper and salt, and bake; or, better still, place it in a Dutch oven before the fire, basting from time to time with warmed butter and capers. When done it should be of a rich dark brown, and while at the fire may be dredged two or three times with flour. The continual basting gives sufficient sauce to serve it without any other. Mackerel and whiting are nice prepared in the same way. The whiting should, however, be covered with bread-crumbs and arranged in a ring instead of stuffing them. The forcemeat

may be made into small balls to garnish the dish. In preparing this dish for dinner to be eaten after soup, Jews use dripping instead of butter, and this may also be done to save expense. In my next I shall give some Jewish recipes for puddings.

## Cookery for the Million

— O: —

## BROTHS AND SOUPS.

FOLLOWING on from our article of last week, we resume the subject of soup-making.

Prepare your broths and soups the evening before you want them. This will give you more time to attend to the rest of your dinner the next day; and when the soup is cold the fat may be much more easily and completely removed from the surface of it; when you decant it, take care not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve, or even through a tamis, which is the best strainer—the soups appear smoother and finer, and it is much easier cleaned than any sieve. If you strain it while it is hot, pass it through a clean tamis or napkin previously soaked in cold water; the coldness of this will coagulate the fat, and only suffer the pure broth to pass through.

The full flavour of the ingredients can only be extracted by very long and slow simmering, during which take care to prevent evaporation by covering the pot as close as possible. The best stew-pot is a digester.

Clear soups must be perfectly transparent—thickened soups about the consistence of rich cream—and remember that thickened soups require nearly double the quantity of seasoning. The piquance of spice, &c., is as much blunted by the flour and butter, as the spirit of rum is by the addition of sugar and acid—so they are less salubrious without being more savoury from the additional quantity of spice, &c., that is smuggled into the stomach.

**OX-TAIL SOUP.**—Two ox tails, if properly stewed, will make soup without any addition of meat. They must be cleaned, cut into pieces, and boiled very gently for several hours in a sufficient quantity of water; two or three onions, a piece of crust of bread, a bunch of sweet herbs, a clove or two, and some pepper-corns. When tender, the liquor must be strained and the fat removed. If made without ham-bones or other flavouring ingredients, it will require the addition of a little ketchup, Harvey's sauce, and a glass of wine, and should be thickened with butter or cream. Serve up with the tails cut in pieces. A much more delicate and elegant soup may be made with calves' tails.

**A SPRING SOUP.**—Strew some cabbage-lettuces and spinach in broth, with the crumb of a French roll. When sufficiently tender, pulp them through a sieve, add them to two quarts of stock, and before sent up to table, add the tops of asparagus, boiled long enough in the soup to become tender.

**THE BERKSHIRE RECEIPT FOR WINTER PEA SOUP.**—Take two quarts of peas, boil them down to a pulp, and strain them; put half a pound of butter into a stewpan, with celery and half an onion, two anchovies, pounded pepper, salt, mint, and parsley, each a small handful; of spinach and beet a small quantity; stew all these in the butter till tender. Then add the pulp until the soup is as thick as required; put in a dessertspoonful of white sugar, and boil all up together.

**GREEN PEA SOUP MAIGRE.**—Take a quart of old green peas, two sprigs of mint, and two quarts of water; boil all together until the peas are very soft; then pulp them through a sieve; put the liquor thus obtained in a stewpan with a pint of young peas, two or three cucumbers cut into thick, square pieces, and an onion or two, with three or four ounces of butter. Melt the butter with a little flour, only sufficient to keep it from oiling, with some of the soup, and then add it to the remainder. The addition of mushroom ketchup will give it a flavour of meat.

**A MORE ELABORATE METHOD.**—Slice a French roll, and boil it in six quarts of water until it is perfectly dissolved; then take all the old peas found in a peck and a half, keeping



the young ones separate; boil the old peas with the bread and water, and when tender strain them; reserve the water and pulp the peas through a sieve, putting them by for the present; boil the young peas with a sprig of mint, a little mace, and pepper in the strained soup, and while they are simmering put half a pound of butter into a frying-pan, and when it boils cut in two lettuces, two handfuls of young spinach, a little parsley chopped, a dozen of small silver onions, and two cucumbers cut in slices. After stewing for some time, add the pulped peas, and then that which has the young peas in it, simmering the whole together for ten minutes. Flour the vegetables before they are fried.

**ONION SOUP MAIGRE.**—Take six large onions and a couple of turnips, boil them in four quarts of water, with a little pepper, and two rolls of bread sliced, stew until the onions will go through a sieve; then take six other onions, two carrots, two heads of celery, and one turnip; slice them very thin, flour, and fry them in half a pound of butter. When getting tender add some of the soup, and stew for some time longer; then strain the liquor, put it to the remainder of the soup, and boil it together for a short time; if not thick enough add some cream or other thickening.

## Vegetarian Cookery.

—:—

**MACARONI SOUP.**—Four ounces of macaroni, one quart of new milk mixed with one quart of water, one large onion, quarter pint of cream, and one ounce crumb of stale bread. Put the macaroni into the milk and water when boiling; add the bread, onion, and a quarter of an ounce salt (where used); boil slowly an hour and a quarter; rub through a sieve twice, and return into the pan; add more seasoning, and the cream; boil it a minute. Serve with toasted bread separately. Good without the cream.

**VEGETABLE SOUP.**—In four pints of soft water put two pounds of turnips, one and a half pounds of carrot, two heads of celery, one ounce of shallot, quarter of an ounce of salt (where used), three ounces of sago or corn flour. Cut the vegetables into small slices; have the water boiling two hours before the soup is wanted. But do not put in all the things at once. Allow the carrots two hours, celery one hour, turnips half an hour, shallots ten minutes. If sago is used to thicken, allow half an hour, stirring occasionally, from the time it is put in. If corn flour, mix with a little cold water, and add gradually to the soup ten minutes before done, stirring all the time. Treat mossfarine (if preferred) as directed on packet.

[Vegetables are sometimes scarce. The following may be used as substitutes, or eaten with such vegetables as may appear suitable.]

**EGGS (to Cook).**—These should not be boiled, but first placed for five minutes in a basin of boiling water. Then pour this off, and immediately re-cover them with boiling water; and after standing another five minutes they will be well cooked, but soft.

**EGGS (to Poach).**—When the water boils remove the steppan from the fire and gently slip in the egg. It must stand till the white is set. Then place the pan over a very moderate fire, and soon after the water boils the egg is ready.

**MACARONI (Plain).**—The whitest is not always the best. Put it into boiling water, about three pints for half a pound (too much water makes it pasty). Keep boiling gently one hour. Strain through a colander. Serve on a strainer with parsley, mint, or other flavoured sauce in a boat.

**MACARONI (Savoury).**—Boil two ounces of macaroni one hour; drain, and add a quarter of a pint of milk, half an ounce of parsley chopped fine, a teaspoonful of lemon thyme powdered, some lemon peel, pepper and salt (where used). Put in a well-buttered dish, and bake twenty minutes. If wanted richer, beat up an egg in the milk.

**MACARONI (Cheese).**—Boil and strain half a pound of macaroni as elsewhere directed. Have ready two ounces of bread crumbs and one ounce of grated cheese. Put half the macaroni in a pie dish, spread half the crumbs and cheese

over, then put on the rest of macaroni, then remainder of cheese and crumbs on the top. Pour a quarter of a pint of milk over, with a saltspoon of salt (where used) dissolved in it; brown in a quick oven a quarter of an hour.

[A trifle of oil may be added to any of these preparations.]

**OMELET, or SAVOURY BATTER.**—A pint of milk, ten ounces of flour, a saltspoon of salt (where used). Stir into a batter with an egg, adding an ounce and a half chopped herbs—parsley, chives or shallot, and thyme. Mix well, put into a buttered shallow tin, and bake one hour in a quick oven; or boil same time.

**OMELET (Bread Crumb).**—One pound of bread crumbs, two ounces of sweet herbs, such as parsley, thyme, and marjoram, chopped; a saltspoon of salt (where used). Moisten with from a half pint to a pint of milk, as liked dry or moist. Bake in a moderately quick oven one hour.

**OMELET (Indian).**—Three ounces of Indian meal, three ounces of flour, a pint of milk, an egg, a saltspoon of salt (where used). Beat the egg well, mix with the milk and make into a batter; bake in a shallow tin about an inch thick in a quick oven, an hour and a quarter. This may be flavoured with herbs.

**OMELET (Sago).**—A pint of milk, two ounces of sago, a saltspoon of salt (where used), one ounce of chopped herbs (parsley, chives or shallot, and thyme or marjoram). Bake three quarters of an hour, stirring occasionally till it begins to set. May be used either hot or cold, but best cold, or re-warmed slightly. To be eaten with vegetables.

**OMELET (Tapioca).**—Two ounces of tapioca, one pound of bread crumbs, a tablespoonful of dried sage, two ounces boiled onion, chopped fine, or fresh parsley, thyme, and marjoram chopped. Soak the tapioca in a pint and quarter of water one hour, boil half an hour, add a saltspoonful of salt (where used), stir in the other ingredients, bake one hour in a quick oven.

**POTATO SALAD.**—Cut cold boiled potatoes in thin slices; add a little raw parsley, chopped; pour some salad dressing over. Some cold boiled beetroot, sliced and laid on the top, improves it.

**ONION PUDDING.**—Mix a pint of bread crumbs with two moderate sized onions (previously boiled four minutes and chopped); mix with milk, and boil in a buttered basin one hour; or bake. White sauce in a boat.

**RICE (to Boil).**—Measure one-third rice, two-thirds cold water; put in a basin or jar that will just hold it, and place it in a saucepan with water (cold) reaching only halfway up the inner vessel, that it may not boil in. Boil at least one hour, or till quite soft. If done before the rest of your cooking, leave the saucepan where it will keep warm. Rice will not spoil for hours treated thus. It should turn out like a pudding. Is good eaten with vegetables. Different sorts of rice vary, and may require a little less or more water. A little milk added when nearly done is an improvement, especially when eaten with stewed fruit or preserve.

**RICE (Savoury).**—Cook a quarter of a pound of rice in the same way as before directed; when soft stir in one ounce of grated mild cheese, half a gill of milk, with a saltspoonful of salt (where used), and a slight flavour of cayenne dissolved in the milk, and cook quarter of an hour longer. May be used with vegetables when scarce.

**ANOTHER.**—Boil half a pound of rice in a quart of milk till it is tender, and has absorbed the liquor. Turn it into a bowl, and when cool mix with half a teaspoonful of salt (where used), a teaspoonful of white pepper, or a very little cayenne, a dessertspoonful of shred parsley, and two moderate-sized onions which have been boiled till tender, and pounded with fresh butter size of a filbert. Mix these ingredients thoroughly, and add three well-beaten eggs. Turn the pudding into a buttered dish, and bake half an hour in a hot oven.

**SANDWICHES.**—Slice cold boiled beef and lay in between slices of bread, or add a very little mustard and salt. Vegetable marrow may be used in the same way. Cold omelet cut in slices may be also used.

**VEGETABLE PIE.**—May be made of combinations of almost any vegetables in season. Cook the vegetables first, in very little water, in the pie-dish covered in the oven. They should be

cut in pieces, and each sort added according to the time they take to cook. They should not be quite soft. Before putting on the paste, add a very little tapioca or sago, which has been soaked several hours. Slices of cold omelet may also be added, and mushrooms or sweet herbs, and chives, shallot, or onion chopped fine. Cover with mashed potato or plain crust. Bake in a moderately quick oven one hour.

## THE ART AND ORIGIN OF BREAD-MAKING.

—:—

Six thousand years ago, when Adam and Eve first took upon themselves the cares and responsibilities of housekeeping, their larder must have been entirely supplied from the stock of fruits and vegetables which sprang spontaneously and in a wealth of profusion from the virgin soil.

Those were happy days for Eden, but they were short lived; with the growth and spread of population new desires arose, new requirements were felt and supplied, and, in short, things took altogether a different turn. Back in the midst of those pre-historic days, no doubt, many of the arts now so essential to the comfort of mankind had their origin, and among them most surely the preparation of food.

The Egyptians claim to have been first makers of loaf-bread, as do also the Chaldeans, who were celebrated among nations for the excellence of their bread. The Greeks declare that they were taught the art by the gods themselves. From Greece it reached to Rome, and thence spread rapidly over the south of Europe.

Good bread, it is universally admitted, is vitally essential to the well-being of nations. Fermented bread is, in truth, the staff of life, and as early as the days of Pliny it was in use all over Spain and Gaul, yeast being the recognised ferment. After the Roman era, however, leaven for a time seems to have banished yeast, until about the end of the seventeenth century, when the bakers of Paris began to import it from the breweries in Flanders, and to employ it in the manufacture of their bread, until the Government interfered and forbade its use. Its advantages were, however, too great to submit to any interposition, and Louis XIV. vainly used his authority to prevent its importation. Common sense at last prevailed, the prohibition became a dead letter, and the use of yeast has since that time reached every corner of the civilised world.

Bread, as is known, consists of the flour of wheat or other cereals kneaded with water into a paste or dough and made porous by the action of carbonic acid gas generated by fermentation. The dough, having acquired the proper porosity, is baked in an oven, the heat of which still further expands the enclosed gas, its escape being prevented by the simultaneous formation of the crust. To this rising of the bread is due its healthy, digestible lightness, which distinguishes it from the heavy cake prepared by simply baking a mixture of flour and water. If, however, the fermenting yeast is not of the very best quality, and properly used, the dough will either not rise sufficiently or cause the formation of injurious acids and other objectionable products. The essential materials necessary for the making of good bread are thoroughly good flour, the purest and freshest yeast, water, and a suitable quantity of salt. Having acquired these, the process of baking may be shortly described:—A proper quantity of water, varying in temperature from 70 to 100 degs. Fahrenheit is taken, the yeast added, and a portion of the flour. The quantity of water depends upon the quality of the flour, the best brands requiring more than an inferior brand, the starch and gluten of which is not in such a minute state of division, and therefore not so retentive of water. Having mixed the water, yeast, and flour to a thick, ropy consistence, the mass is to rest for a time, after which salt is added and the whole covered up and placed in a warm situation.

This is called the sponge, and putting it in a warm place sets the sponge—that is, starts the fermentation of the sugar with the flour, causing inflation of the mass from the carbonic acid gas thus set free. If the sponge be of right consistence, a first rising is sufficient; if too thin, a second rising will be necessary. But in



either case, when fermentation has sufficiently pervaded the whole, more flour, water, and salt are added, the addition being occasionally repeated three times. The process of kneading is to be continued until the sponge is incorporated with the flour added, otherwise the cellular texture of the loaf would be wanting and the fresh flour left in lumps in the mass. The next step is to cover the dough with a cloth and leave it thus for a time to ferment and swell. A second kneading is then given, after which it is moulded into loaves or put in tins, and time allowed for further expansion. The loaves are then placed in the oven and baked.

## CARE OF THE HANDS.

—:O:—

A WELL-KEPT hand is a mark of good breeding. A lady will not have bitten or broken nails; neither will she keep her hands white at the expense of usefulness. A hard-working hand may be neatly cared for and be far from displeasing. It is not a good plan to keep the hands soiled longer than necessary. After drawing in crayon, or gardening, they should be well washed in warm water and soap, and thoroughly dried. Gloves save the hands from much wear and tear, and if the fingers are cut off, do not hinder work. Young girls often have red hands, partly the result of poor circulation; to remedy this, plenty of exercise, on horseback if possible, is desirable; gloves should not be worn too tight, and frequent washing in warm water and honey soap or in hot water and milk should be followed by thorough drying and the use of violet powder. Glycerine used before retiring, camphor ball, or washing with hot water and oatmeal is good for chapped hands. If the glycerine is rubbed in while the hands are still wet with soap and warm water it is very efficacious. Sunburnt hands may be treated with lime-water or lemon-juice. Much roughness of hands might be prevented by greater care in drying them and a slight use of violet powder. Chilblains on the hands come from holding them near the fire when they are very cold; electricity is thought to prevent them. Warts may be removed by the application of fresh beef steeped twenty-four hours in vinegar; in a week they will disappear. In England no hand is considered clean if the nails are not nice. Finger-nails worn long and pointed are not beautiful; they should generally be cut once a week, and a sharp penknife is better than scissors. People who bite their nails deserve the ugly appearance which follows. The nails should be examined every morning, and, after washing the hands in warm water, the cuticle about the bottom and side of the nail should be carefully pushed back with a soft towel. If more is necessary, the little ivory instruments sold for the purpose are useful. The best nail powder is made of fine oxide of tin, perfumed with otto of lavender and tinted with carmine. It may be rubbed on with the finger or with a nail-polisher covered with leather. When some of the particles which nourish the nails are intercepted white spots are the result. If these spots are not removed by the growth of the nail a compress wet with spirits of wine and camphor may be applied and kept moist for several days. Vaseline or cold cream gently rubbed on for some days will also make the spots disappear.

## DINNER DOTS.

—:O:—

A GOOD cigar after a good dinner is the climax of poetry and philosophy.

He who relishes not a good dinner is either sick or sardonic. If sick, pity him; if sardonic, avoid him.

He who seeks nourishment in over-cooked meats is needlessly extravagant. Chips are cheaper.

To dine well is to live well; to live well is to die well; and to live well and die well is the beginning and the end of life.

Butchers and bakers hold the welfare of the nation in their hands. Good bread and good meats are moralists in a certain sense, for they pave the way for the preachings of the wise; while if they be bad they confine their operations to paving the pockets of the pharmacist.

A good dinner is the best of diplomats. It has played its part successfully in shaping the policy of nations; and to a well-prepared banquet may be traced the peaceful untangling of snarled complications that had resisted all the skilled efforts of the envoy.

Dine men of sense on delicacies, and donkeys on thistles. He who gives a dinner gives it with hope of appreciation; and there is no manner of use in a host fatiguing himself or wasting the energies of his cook in trying to gratify the guest whose palate is too dull even to recognise the difference between beef and mutton. There are many such.

I do not know any hot dish which is not more or less injured by covering previous to serving it. At all events, the cover should be heated before placing it over the dish, and even then the condensation of the steam will sometimes occur, which is injurious to the food. To cover a dish of fried oysters, for instance, is to ruin it. Well-prepared food should be placed on the table the moment it is ready. If the guests are not ready for it, so much the worse for the guests, and their palates deserve no consideration. Not enough care is given to the warming of the plates and dishes upon which food is served.

Tea and toast, how simple! And yet how much more simple is the man—a convalescent, perhaps, who expects to get it in proper excellence? The chances are woefully against him. Too frequently the bread of which the toast is made is imperfect—a day too young, perhaps; or the tea, even though it be of the best quality that could be bought, isn't it more than probable that it will not be brewed as it should be? Strange to say, it is the very simple things in our kitchen that, owing to their very simplicity, are so apt to be neglected, leaving a result which the convalescent, in his desire for a cup of tea and toast, is likely to feel more keenly than one in perfect health, who is supposed to be able to swallow anything. To make a slice of toast may seem a trifling matter; but to make it as it should be, delicate and tempting to the invalid's palate, requires attention; and when made it must be served on the instant.

## AN EPICUREAN FEAST.

—:O:—

ANNEXED will be found particulars of a dinner recently indulged in by the Commissioners of Northern Lights, which eclipses even the gastronomical feats of certain members of the Liverpool Health Committee on the trial trip of a mudhopper not long ago. The matter was recently mentioned in Parliament. The details appear in the appropriation accounts of sum granted for Civil Service and Revenue Departments for the year ended March 31st, 1886, and is the account presented and certified as correct for a dinner at which the Commissioners of Northern Light-houses regaled one another, in charge, under the care of mine host John Grieve, of the Waterloo Hotel, Edinburgh, on January 15th, 1886. It is an eloquent document, and runs as follows:—

To 47 Dinners and Dessert .....	£70 10 0
10 Bottles Amontillado .....	5 0 0
4 Bottles Montrachet le Guiche .....	3 0 0
4 Bottles Punch .....	1 0 0
4 Bottles Madere .....	4 4 0
12 Bottles Steinberg Cabinet, 1868 .....	18 0 0
24 Bottles Pommery and Greno, 1874 .....	24 0 0
1 Bottle Ruinart, 1874 .....	1 0 0
2 Bottles Geisler's Extra Superior .....	1 5 0
4 Bottles Chambertin .....	2 8 0
5 Bottles Amontillado Finissimo .....	5 5 0
4 Bottles Brown Solera .....	4 0 0
3 Bottles Port, 1834 .....	4 10 0
19 Bottles Chateau Lafite, 1864 .....	28 10 0
Liquor, Brandy, &c. ....	3 2 0
Whisky .....	0 7 6
Waters .....	0 6 0
Cigars .....	2 13 0

£179 1 0

The charge per cover without wine was thus £1 10s., and the additional cost per head for

wine was £2 6s. 8d., making in all £179 1s. of the public money for one nice little dinner.—*Liverpool Post.*

## "BUT THE GREATEST OF THESE IS CHARITY."

—:O:—

IN the jostle—in the turmoil of the world's remorseless greed,  
Shut not thou the heart's approaches 'gainst the plaintive cry of Need.

Lives depending—souls despairing—listen! and their burdens share;  
What thou hast is, for a season, but entrusted to thy care.

And thy plenty—thus construe it—'tis the trial of thy worth;  
'Tis the talent from thy Master, wilt thou hide it in the earth?

Many virtues though possessing, they of no avail will be;  
In the Balance thou'lt be wanting, if thou lackest Charity.

Many sins thou hast—who hath not? but this promise is to thee;  
Though as sea-sands, they'll be mantled 'neath the robe of Charity.

Let them boast of crimson'd laurels won amid the battle's strife;  
Thou canst mightier deeds accomplish on the peaceful fields of Life.

Look thou on the man that yonder strives in vain 'gainst care and want;  
Kindred, too—as dear as thine are—for a bare existence pant:

But one ray of thy flush comfort streaming on his scanty store:  
Hearts would lighten, eyes would brighten, canst thou thrust him from thy door?

Give then, when thou canst, and freely; nor let grudging doubts restrain;  
E'en to help the undeserving, will thy nobler instincts train.

Let thy feelings, too, brim over with her spirit flowing free;  
It is this that truly makes her greatest of the gracious Three.

Grace thy soul, then, with her presence, bosom her with fond caress;  
Careless days will full repay thee—lengthful years thy life possess.

And thou'lt get thee to thy pillow, rest thee there with tranquil mind:  
In thy heart's securest recess, peace with God—with all mankind.

\* \* \* \* \*  
As the length'ning shades of sunset, stretching out their tawny arms,  
Melt away in coming twilight, lost among its sober charms:

So the shadows hovering round us at the close of earthly things,  
Fade and vanish in the solace that the love for others brings.

—Joseph Whittou.

## TO BE REMEMBERED.

—:O:—

RUB the tea kettle, coffee pot, &c., with paper while hot, and they will never need scouring.

Liver should be placed in hot water before cooking, after being sliced thin, and then broiled or fried.

A poultice of salt and the white of an egg is a powerful resolvent, and if applied in time will disperse a felon.

After having your hands in soapy water, wet them in vinegar and spirits of camphor; it kills the alkali, and keeps your hands soft.

To clean black cashmere, soak the cloth in a solution of supercarbonate of soda and water for twenty-four hours. Hang up to dry, and iron damp.

A nervous headache is sometimes cured by taking out all the steel hairpins and letting the hair down. At the same time, to take a set of steel knitting needles and run back and forth through the hair, all over the seat of the pain, will many times drive the pain away completely. Women subject to "hairpin headaches" (as one good man has named his wife's pains in the head) should try using horn or imitation shell hairpins.



# Fireside Novelettes.

AGATHA STODDARD.

(Continued from page 41.)

NOT long afterwards we spread out the edibles contained in my knapsack, at the laughing solicitation of Mr. Stoddard, who declares himself gnawed by hunger. With her the meal is a farce. I see that she chokes down the few mouthfuls she takes; and I, wretched as it seems to me that never man was wretched before, do hardly better justice to Mrs. Powerley's ample provisioning.

Bitterly blaming myself one moment, justifying my words the next; again, regretting that our further conversation was interrupted, and yet again giving silent thanks that any worse shame was spared her, it will be understood that I am ill in condition to assume, during the rest of our stay in the glen, or during our after-walk homeward, anything like an easy or tranquil demeanour. And yet I succeed in so conducting myself as to win no comment from Mr. Stoddard, whatever symptoms of mysterious change he may privately notice.

With Agatha, however, it is wholly different. She moves, speaks, and acts like one stunned. Her eyes persistently avoid my face. She never once individually addresses me after her father's awakening. Mr. Stoddard repeatedly remarks upon her altered behaviour. Her first reply is that she has a sudden miserable headache, and all her further replies bear upon the same subject of excuse. I am glad when we reach home, at about three o'clock in the afternoon, and separate in the hall. How I hate that lovely glen! How I resolve never to visit it again while I live!

The rest of the afternoon, until tea time, I spend in my own room. Father and daughter both appear at tea. Agatha's eyes scarcely once leave her plate while she is seated.

Mrs. Mackenzie Small inquires of me across the table, with the characteristic rattling accompaniment, how I enjoyed my walk; and it is by no means easy for me to give the little lady a civil response. Fortunately for my reputation, Miss Aurelia addresses no remark to me, being only conversational as regards her immediate surroundings. Mr. Stoddard is his usual affable self, though now and then I see, or else fancy that I see, a worried look possess his face, as he gives a side-glance toward the pale and crushed-looking Agatha.

They leave the table before any one else, and I almost immediately follow them, with some wild idea of begging her pardon, or at least humbling myself in her presence, no matter how clumsily.

But she is ascending the stairs—has, in fact, almost quitted them—when I reach the hall. Her father stands near the doorway, however, looking out upon the cool commencement of twilight, the darkening slopes of rich green, turfy sward, and the slow brightening of a moon that poises its pearl half-globe high above the same mountain in which it seemed to sink last night.

"Your daughter tells me that you have

decided on leaving to-morrow," I at once open conversation, joining Mr. Stoddard.

"Yes," he replies, "it is true. Agatha has an idea that the sea-shore will agree better with us both. She has gone up to pack now. Poor child, she is feeling wretchedly ill, and I fear that the exertion will make her worse."

"Then it is not your special wish to leave the mountains, Mr. Stoddard?"

"Oh, no; it is entirely Agatha's wish. I suppose you know, by this time, that she rules me like a thorough young despot, in that quiet way of hers. I —"

"Papa!"

This interruption, clear, sharp, almost commanding, startles us both. We both turn. Agatha stands at the head of the stairs, whence, here at the doorway, she can see and be seen equally well.

"Yes, my daughter," Mr. Stoddard makes ready answer.

"I must ask you, to come up here, papa, please. I can't quite get along in my packing without you."

He looks at me with the soft, amiable smile that so often breaks sunnily from under his iron-grey moustache, and goes upstairs while

speaker and her evident companion pass on to the farther end of the hall. A little later I hear a door close. The hall is now quite quiet again.

I think that both my hands are clinched tightly as I stand near my door for a brief space, after hearing those words. My face burns hotly, too, with shame—shame for the woman whom a few hours have shown me that I love with a strong, unconquerable passion. A little later my mind is made up. She shall be spared this time, if it is in my power to spare her. They go to-morrow. She shall be spared.

Her room, as I have before said, is in a side-hall, communicating with the one outside. Her father's room is, however, on the next story above. I open my door, and without another moment of hesitation I pass directly on to hers.

It is closed. I knock. She responds to my summons in person. As she recognises me in the dim light of the little side-hall, her face takes a paler look than it already wore.

I fix my eyes steadily on that face, and begin speaking in low tones.

"Mrs. Small has lost a valuable fan. In passing my room she said some unpleasant words, full of suspicion. Is she right?"

She lifts one hand, pressed together in a white knot, and rests it directly over her heart. Her lips tremble once or twice, having grown of a pallor that well matches her cheeks.

"What do you want to know?" she just manages, in a choked, effortful way.

"Nothing that you do not choose to tell me. Give it me, if you have it—that is all. I will return it to her and say—something—never mind what. I shall clear you in her eyes; she must believe me."

A silence. Her eyes meet mine, and there is something in her look which makes this conviction pass thrillingly through me: "They have lied about her; she is innocent!"

Immediately afterwards she turns away. I have not waited three minutes when she

again appears in the space of the partially-open door, holding the fan. I take it, while I shiver under the pang of a terrible disappointment; and as she is turning away once more I catch her hand.

"In God's name," I burst forth, "can nothing be done for you?"

Her whole face seems to harden; her hand draws itself from mine; and in a measured, frigid way that would sound utterly hopeless did it not sound so utterly without all feeling, she answers:

"Nothing."

And here she closes her door, quietly but quickly.

I wait until I am calm enough for the performance of my self-set task, and then I pass onward to the door of the room which I know Mrs. Mackenzie Small occupies.

The smart little widow opens it herself, a few seconds after I have knocked. She stares at me in astonishment while I extend her fan.

"Pray let me return this," I begin. "I took it by mistake from the parlour-mantel, thinking it belonged to Miss Stoddard, who had mislaid hers."

Mrs. Mackenzie Small receives the fan and looks bewilderingly from it to me.



THE LOST FAN.

replying, "Then I am quite at your service, Agatha."

I walk out into the growing dusk. It is no hyperbole to say that I am suffering mental torments now. Reflection is misery to me. Thought of the future brings only a dreary disgust. The exquisite dewy blue of the twilight presently makes me long to escape from it. Perhaps my reason for suddenly going upstairs into my own room, and lighting the lamp and opening a book, is half because I am nearer to her while thus situated; though her room is in a side-hall, at some little distance away from the one off which mine opens.

Three-quarters of an hour have probably passed, when I rise and throw aside my book. I have not read a word of it understandingly.

Just then I become aware of some rather loud and excited talking outside my door. It is a lady's voice, and one which I am prompt to recognise.

"Why, Aurelia, I left it on the mantel in the parlour about an hour before tea. It's that small jet fan, you know, with the heavy carvings. You've often admired it. Why shouldn't I suspect her, after what has happened? Nobody else would dare touch it. I tell you—"

And then the voice becomes indistinct, as the



"Why, yes, Mr. Embury," she stammers; "it is mine—sure enough—I thought—"

"You thought, no doubt, that you'd lost it for ever," I break in, with a laugh. "Well, you are agreeably disappointed, perhaps? In the most absent-minded way I put it in my pocket, after having brought it to Miss Stoddard and ascertained that it was not her property; she had sent me to look for hers, you know, which she thought she had left somewhere in the parlour."

I speak with so much careless off-handedness of tone and manner that there is slight doubt of my words carrying full conviction, although I can detect a certain prim change of countenance in my hearer the last time that Miss Stoddard's name is mentioned.

Mrs. Small thanks me quite blandly, a moment later, and I move away, answering with light and smiling words. Just as I reach my own room again, I hear her door closed.

And just then, also, I find myself face to face with Agatha Stoddard. She is standing at a short distance from my door. The dim lamp-light makes her countenance very indistinct.

"I heard you," she whispers, her words as slow as they are low. "It was most generous of you; and, if you value them, you have my best thanks."

"I do value them."

"Can we speak together?—somewhere else, I mean. Will you go down and wait for me on the piazza? I will join you there in a moment."

"Agreed," I answer; and at once go downstairs, she passing towards her own room.

The piazza is vacant to-night, also. The dew lies thick and silvery on steps and railing, and the air, windlessly tranquil, has almost a sting in its moonlit coldness.

She joins me, after I have waited about three minutes, dressed as if for a walk. "Not here," she whispers. "Let us stroll out into the garden."

I assent with only a movement of my head, and we go down the steps slowly together. We are about twenty yards from the house when she again speaks, calmly, but with the calmness of braced nerves and stimulated will.

"You are a man of cultured mind, of broad intelligence. You have read and studied more than most people; you are a thinker, unbigoted, catholic, unhampered by false prejudice."

There is a pause; but I feel that my time for speaking has not come.

"Your attention may, perhaps, have been called, Mr. Embury, toward some of those unfortunate insanities which now and then afflict human beings. I do not mean insanity in its more usual shapes; I mean those dreadful caprices of it which make the ordinary curse seem almost a blessing."

"I understand you perfectly." (And ah! how I long to pour out my "vast pity" in words that shall leave her no doubt of its deep existence!)

After a longer pause than the preceding, she goes on:

"I am compelled to give you this explanation to-night. I should never have given it of my own accord."

"Who compels you?"

"My father."

"Your father?"

"Yes. He was in my room when you knocked at the door. He heard what passed between us. He insisted that I should tell you the whole truth."

It is impossible for me to convey an idea of how, just at the end of this last sentence, her composure wholly forsakes her—how her voice grows one succession of stifled sobs—how her eyes, shining with a rich fire in the suave moonlight, rivet upon my face their brilliant fixity.

"Someone told you about that brooch," she speeds on, the words rushing from her lips in a pell-mell of eager utterance. "I suppose it was Miss Bostwick, although she promised me that she would tell no one. *Papa took it*; and I discovered that he had done so. I meant, at the earliest opportunity, to replace it, but because Miss Bostwick locked her door afterwards I almost despaired of doing this. Then it was taken from my drawer—doubtless by the girl, Margaret, who had seen it and suspected me. Miss Bostwick met me in the hall the night of its disappearance—"

"I know, I know! You need tell me no more of that! Thank God!"

I have turned and caught both her hands in both of mine as those two final words are spoken. Each hand is trembling within my close clasp, but she makes no attempt to free them.

"And you have acted this way to shield your father! And I—I have dared to believe so differently! How can I ever dream of getting your pardon?"

"I give it without the asking," she murmurs, while bright tears besiege her beautiful up-lifted eyes. "I saw how you admired, almost loved him; and this made me strong, you know. It is an insanity with him—an awful insanity, that lies like a black blot on his pure, honourable life! Very few people know about it. When it first developed itself, several years ago, he voluntarily went to a private asylum, and has remained there, under strict medical care, ever since. The physicians thought him cured, and, indeed, recommended this change. I would have left at once, when the first symptoms of the old trouble were manifested to me, but for fear of rousing more suspicion by so very sudden a departure. Miss Bostwick met me in the hall this morning, as you know, and insisted on our leaving to-morrow. When you knocked at my door to-night I—I had just discovered about the fan—"

Her shaken voice falters into silence. The tears are streaming down her pale cheeks. I lift her hands, hardly knowing what I do, and cover them with many kisses; and then, as she draws away, I follow her, speaking passionate, headlong words, that would sound like exaggeration—like fatuity, perhaps—if I wrote them down now; but they are words that imperiously demand their answer, and that receive it, not much later. And it is an answer which makes me supremely happy!

The moon is very low over the mountain before we re-enter the house, and has changed from silver to mellowest gold, bringing to my then mood the sweet suggestion of a hope that has ripened into rich golden reality!

"One thing I must exact of you," I murmur, a little while before we pass indoors: "to let me tell Miss Bostwick and her friend the whole truth."

She smiles very faintly, and I see that her eyes, dim in the failing moonlight, are filled with soft regret.

"Well, as you please. It is only just to you now, perhaps, that they should know. But oh" (and never voice took lovelier pleading into its tones than hers takes at this moment), "promise me that you will try and rouse in both of them all the sympathy and pity you can for— for poor papa; and, if possible, make them keep it a secret between themselves, and—make them, when they see him again—"

The tears will not let her finish; but her hand, falling upon my arm, tenderly presses it.

"I understand," is my low answer, as my lips touch her forehead. "I understand, and I promise!"

## DECORATIVE NOTES.

—o:—

### RIBBON WALNUTS.

ONE of the newest ornaments to suspend from the gas or the hanging lamp is a bunch of English walnuts tied with various coloured ribbons. Carefully halve each nut and remove all of the meat, fill the space with perfumed cotton, to which sew a yard of No. 1 ribbon; glue the parts firmly together, letting the ribbon escape from one end. Bronze, silver, gild, or paint the nuts, so there will be several different colours represented, and fasten the ribbons together about a quarter of a yard from the end of each.

### BUREAU SCARF.

A showy bureau scarf is made of interlaced ribbon, the foundation being scrim, cheese cloth, or mosquito net the width and length of the bureau top. Two shades of No. 7 ribbon are interwoven, all of one shade crossing and the other running the opposite way, the intersection being caught down upon the foundation by a few invisible stitches. At each end the ribbon is extended to form loops, under which is gathered lace two inches wide.

### BAG FOR PLAYING CARDS.

Use dark velvet. Make the bag large enough

to hold several packs of cards. Line the inside with silesia of some bright colour. Upon the centre of one side tack neatly a single face card, and upon the other side etch a number of hearts and diamonds with bright red silk. About an inch from the top run a whalebone between the lining and outside, in the same manner as a drawing string. Make sufficiently large to admit of the hand being taken out with the cards in it. Sew to the sides at the top a two-inch wide ribbon to suspend the bag to the drawer of the card table or to a nail in the corner of the room.

## WOMAN IN THE HOUSEHOLD.

—o:—

### CHAPTER IV.

#### CARPETS, DUSTING, &c.

##### CARPETS.

YOUNG people might be relieved of much care and anxiety if, when they commence house-keeping, they were at liberty to buy everything of the very best materials, those which will last the longest, and always give pleasure and satisfaction so long as a vestige remained. This is true economy, and as true respecting carpets as in all other expenditures.

But usually young people cannot begin by practising this perfection of economy. The first cost of the most lasting articles cannot first be met. It might quite exhaust the modest capital of young housekeepers for carpets. They must seek the best quality they can afford, which still can make a house look very inviting and homelike. If one cannot venture on Brussels or Wilton, it may be a satisfaction to know that the commoner kinds have many advantages that the richer ones have not. They are often really more beautiful in gracefulness and harmonious mingling of colour than any Brussels, and wear to better advantage, because they can be turned, giving a change that is like having a new carpet, inasmuch as the colours on each side are differently blended. None who are able to have a carpet at all need feel troubled if they never can have anything better, therefore be content with an ingrain of good wool, not shoddy, until, with a free conscience and without pecuniary inconvenience, a higher grade can be purchased, and then we would prefer the best quality of Brussels for the parlour to velvet or tapestry. A good Brussels will, we think, last longer than tapestry; the colours are quite as good, and the designs less elaborate and more graceful generally. But both are liable to the same objection. Neither can be turned nor made over like the cheaper styles.

The best Wilton carpets cost more, but are far more durable than Brussels for parlour carpets, certainly—that is, if parlours are to be used, not shut up and darkened, and only thrown open for show. The Wilton are usually of good fast colours, pretty patterns, retaining their colour until completely worn out—if, indeed, they can wear out. Of course there are inferior qualities, but we refer only to the best. The Wilton carpets are not so desirable as Brussels for chamber carpets, as they have a thick, heavy nap, and the dust settling in them more readily than in Brussels makes them harder to sweep.

In putting down carpets lay something between them and the floor, for the dust which sifts through and settles on the boards will grind and wear out the carpet much sooner if it comes in contact with the bare boards. Some recommend laying straw evenly over the floor, and fastening it down by passing any old twine back and forth across the straw, tacking the string at each side of the room as it binds the straw in place firmly. This mode will teach children and housekeepers to untie, not out, the string that comes round bundles, and carefully roll them into balls, that they may be always ready in case of an emergency. But we do not like straw under carpets, and think the hard, rough joints, and indeed the straw itself, will wear the carpet more than any dust that can sift on the boards, even if straw did not tend to gather dampness.

Newspapers laid smoothly on the floor, and fastened down with very small, smooth-headed tacks, are much better than straw. But carpet wadding is better than anything we have known for this purpose. It is not expensive,



and more than pays the cost by the protection it affords to the carpet. It is made expressly for this use, of coarse but soft brown paper, in large sheets, with cotton placed between the sheets. It is to be found at most carpet stores, and will last for years, only requiring to be brushed off and rolled up when carpets are lifted for house cleaning. It adds much to the warmth and comfort of the room on cold windy days, besides the saving in the wear, for the wind, which can easily reach one through the carpet, cannot find its way through this cotton-wadded paper.

In putting down a carpet, stretch it perfectly smooth and taut as it is nailed down, for any loose spot or wrinkle will soon wear out. Carpets once nailed down smoothly should not be lifted too often. Some will need it every year and twice a year—spring and autumn—if the rooms are constantly and severely used, because dirt penetrates them more readily than the thick kind of carpets, which are very closely woven. Brussels, if in a small family and subjected to little rough usage, do not need to be taken up more than once a year; and in rooms neatly kept and little used, only once in two years. Wilton carpets should never be raised oftener than every two, and Axminster only once in three years, and should not be swept oftener than every other week. Be careful to go over the carpet with a dustpan and soft brush whenever dust is seen.

On lifting one of these heavy carpets one is surprised to see how little dirt has found its way through to the floor or carpet wadding, and cannot but feel that, were it not for fear some mischievous moths had laid their eggs in the corner, it would have been better not to have gone to the trouble of taking it up.

Everyone's own preference must decide how the parlours are to be furnished after consulting the family purse. Be sure, however, the room is not overloaded with furniture. It is extravagant and bad taste, besides being extremely inconvenient. The style and variety of the articles can only be settled by those who bear the expense and occupy the apartments. If necessary to be very careful and saving, there are many pretty contrivances which a skilful housekeeper can supply with very little actual cost. Some of the most attractive parlours have been made so more by the ingenuity of the ladies of the house than by anything that upholsterers or cabinet makers have supplied.

#### RUGS.

Many persons prefer rugs to carpets. The idea is to substitute rugs, which will cover only the main part of the floor, forming a large square or oblong carpet; but not filled into the recesses or doors or the irregularities which must follow the moulding and wash-boards. The other portion of the room can be painted.

There is something to be said in favour of this proposal. Some few think it economical. This we doubt. It may, perhaps, take a little more carpeting, to start with, to cover all the nooks and corners under the windows, by the doors, and round the mouldings; but bear in mind that a carpet often requires cutting to match the figures—almost always, even when simply sewed in breadths—and there will probably be enough that must be cut off to fill all these places. There is also another point to be remembered when looking at this plan from an economical point of view.

A carpet which is not fitted to the floor throughout must of necessity wear out in some parts more easily than one that fills up every irregularity. When used as a rug, there will be several feet of bare floor all around the room, and in sweeping and passing in and out the outer edge of the carpet will receive rougher usage than if this edge were fitted and tacked close up to the door-sills and wash-boards. An orderly housekeeper would soon be annoyed by finding the edges breaking and beginning to show ragged spots in such parts as were nearest the door, and close to a sofa or armchair.

#### DUSTING.

It is not easy for those unaccustomed to the daily routine of household care to understand how essential to cleanliness is the daily practice of thorough dusting; and there are some old experienced housekeepers who, though very particular in many things, are nevertheless quite remiss in this most important department.

We once heard two ladies taking opposite views on this subject. One complained of the difficulty of getting servants to dust properly, to which the other replied, "What nonsense! Who can believe that there can be any perceptible difference between a house that is dusted every day and one that receives the same attentions once a week? It is a saving of patience, time, and dusters."

We took an opportunity of visiting the two houses on more than one occasion. We interviewed the dusting lady first. We must premise that both houses were newly furnished, contiguous, and exactly alike outside. But in the first no spots on the furniture were found; no dust had settled on carved work and mouldings. The marble-top tables and mantels were as fresh and pure as when the house was first occupied. The window panes were as clear as crystal, and no dark spots of dirt were heaped upon the corners of the sash. The gas fixtures were all in good working condition; the most fastidious caller, with immaculate white kids, had nothing to fear from taking up a book or resting her hand on a table.

The neighbouring house opened and occupied at the same time, presented a very different aspect. The furniture had already turned rusty and old; the highly-polished rosewood was losing its polish and sheen; the windows were clouded, and streaked with dust; dark shadows, that had been gathering slowly in the corners, were now realities in the shape of dust and lint, that from day to day had been allowed to find lodgment thus unmolested.

Such a difference is often seen between two houses having equal facilities for neatness and order, but under entirely different administration. Unfortunately, the descent from careless surface dusting to real slovenliness is so gradual that the latter state becomes the established fact before the mistress recognises the evil, and then, though she may deplore it, is unconscious that it arises from any remissness on her part. No doubt she goes through the pantomime of dusting every morning with a pretty feather brush from chair to table, and gracefully passes it over the top surfaces, but never thinks to look further; while day after day the dust is slyly secreting itself in every crevice, where it is secure from the gentle approaches of that innocent dusting brush.

The upper surface, or that part of the furniture which is always visible to the most casual observer, may look comparatively well kept for a time; but soon even that lustre fades, and if the doors and windows are opened on a damp or rainy day, the dust which has settled so long uncared for cannot easily be removed. Something more than a feather-brush is needed to make the least impression, and a few more weeks of superficial work would have changed the rich rosewood to a dead russet-colour, and the marks of premature old age and decay will be seen everywhere.

A good housekeeper may use a feather-brush for the finishing touches, but for the real work she will take an old silk handkerchief, or soft dusting-towel with a fleecy surface, and rub the furniture all over—not simply wipe it. If there is a damp spot where the dust has settled, it must be rubbed thoroughly until it has disappeared; or, if too firmly fixed, it must be washed off with lukewarm suds and immediately rubbed dry with a chamois skin. Draw one end of the dusting-cloth or handkerchief backwards and forwards through any carving you may have.

All this sounds very tedious, consuming some time; but, on the contrary, the daily attention that should be given to dust—which no care can prevent from entering, but which at first rests on the furniture so lightly that it is removed with ease—consumes not half the time that a careless and less methodical mode of working, or pretending to work, will do; for after some delays the day of reckoning for negligence will come, and hard and long-continued work will be the penalty before the furniture can be restored to anything like decency. By neglect, in the end, not only is much time wasted, but the articles will be permanently defaced.

#### FINGER-MARKS.

Nearly akin to careless dusting is the neglect of doors and door-casings, which, if not frequently washed, will in a few days become

badly soiled. Servants bringing up coal, with hands begrimed from being over the furnace and other rough work, are apt to leave the marks of their fingers on the sides of the doors or casings as they pass in and out. Sometimes the whole hand is pressed on the door, if one enters with a heavy coal-scuttle, to steady the steps. It is very natural that this should be done when carrying a heavy weight; but one can hardly imagine such perfection in our domestics as to feel any surprise that they do not themselves see the damage done, and take instant steps to remove such marks. But it is the duty of the mistress to see it is done: if at once attended to, it is little or no trouble. A clean damp cloth will take off all such disfigurements easily, if they are not left on too long.

#### ORDER IS HEAVEN'S FIRST LAW.

If we could succeed by any amount of patient instruction in establishing an earnest belief that order and regularity simplify and lighten labour, fully half the troubles that vex and discourage our housewives would be at rest.

But one is almost tempted to believe that such effort must be well nigh hopeless, because in this enlightened age, as we are accustomed to call it, many of our young people are coming forward to that period when they must soon assume a housekeeper's duties, but are found poorly prepared to meet the demand which will be then made upon them.

Such teachings as will be of any great advantage must begin early. Let children have a large amount of play in the clear sunshine and fresh, open air; but do not fail to teach them simple lessons daily. There should be a short time daily employed to some useful work, however unimportant it may appear. Let it be a fixed rule, which no excuse may set aside, that whatever is attempted must be well done, and at the proper time.

Most of our servants come to our houses with habits of unscrupulous carelessness, and these are well nigh hopelessly fixed by the example of employers as unmethodical as they are themselves.

Let us give one illustration of one of the most simple forms of household labour.

We refer to the manner of removing food and dishes from the table, preparatory to bringing in the dessert. It is better to sit at the table and witness the manner in which most servants perform this duty. Knives, forks, and spoons are thrown in the most reckless way on the greasy plates or among the fragments left on them; large plates piled over the smaller ones, with, perhaps, a cover or a vegetable dish between; and this awkward, unsafe pile is whisked over your guests' heads or your own, while all shrink in the momentary expectation that the tottering structure may come over their shoulders or into their laps, and a sickening vision of broken glass and ruined dresses floats before their eyes.

How easy and far more expeditious it is to pass quietly round the table, first removing the meat and vegetables to the servants' table, then gathering knives, forks, and spoons into a small pail or receiver, so that each may stand in the dish instead of being thrown down on the greasy plates, to the great injury of the handle. While the food is being removed, it will expedite matters if the mistress will quietly gather the plates together, removing the fragments left on them into a dish by her side, and pile each plate and dish in order, according to their size, ready to be set on the side-table or into the pantry. Of course, silver, glass, or fine china should never be taken into the kitchen to be cleaned.

After meats and vegetables are removed, and the piles of soiled dishes taken away, while the servant takes off the castors, salts, or such clean dishes as may remain on the table, the hostess can gather the mats together and fold the table-towels, all ready for the crumbs to be taken off.

If the mistress can but give this little aid, which need in no wise disturb her, a table can be neatly cleared in five minutes, and the dessert brought on, without any of the noise and clatter that so often attend this work.

(To be Continued.)

A SMALL circular drawing-room mirror of bevelled glass, set in square frame of polished mahogany, is new and pretty.





## II.—THE GOLDFINCH.

—:O:—

SNARING goldfinches is not easy. The old ones are wary in the extreme. There was a goldfinch's nest in a fruit tree in a gentleman's garden, and one day he was nailing up some wall fruit when a strip of red cloth was carried away by a gust of wind, which lodged it on the same branch where hung the nest. The parent birds were away at the time, and on their return were very much perplexed to know what the red rag meant. They flew over it, under it, and then perched on another tree to consult. The youngsters were anxious for food, but the old ones were so fearful of "trap" they would not move, and remained hours on the watch until a sudden gust of wind carried off the red rag.

Referring once more to trick goldfinches, we say it is easy to teach them wonderful ones. They may be taught to fire cannons, feign death, to stand unmoved amid the flashing of fireworks, to climb a ladder with all the agility of a bricklayer, &c., but to teach how this is done would be to inculcate lessons of cruelty.

"A few years ago," says the author of "Home Pets," "before that abomination—Greenwich fair—was abolished, I scraped acquaintance with an old and penitent circus master, and together we visited the wretched abodes of every performing Christian and beast we could find, and in every case it was the same for all—from the poor spangled little children who nightly delighted large audiences in their 'drawing-room entertainments' to the lean and learned pig—there was but one schoolmaster, appalling and unsparing cruelty. Who that has paid a visit to a bird exhibitor, and has clapped his hands with delight at the amusing tricks performed by the tiny feathered actors, imagined that the canary that so nimbly springs from one rail of the ladder to another was taught to do so by having his wings bound and his ascent compelled by the application of a sharp needle to his legs and thighs? That the goldfinch that spins round in the wire cylinder and sets the windmill going received his lessons in a cylinder the wires of which were made so hot as to compel him to keep up a tortured dance to save his poor toes from scorching? That the little creature that stands unmoved amid the squibs and Catherine-wheels has had his eyes 'sealed' by the near approach of hot iron, so that though he appears to have his sight he is quite blind and cannot see the glare of the fireworks, and does not flinch from the noise of the exploding gunpowder for the simple reason that a pistol has been discharged so often near his ears that he is nearly deaf?"

It is possible, says one writer, to give the goldfinch his liberty altogether during four months of the year. Few would care to do this, and yet that learned and able naturalist, Bechstein, says:—"A goldfinch must be taken in the winter, and one not too much accustomed to the warmth of the chamber, and in its cage placed every day at the window, or on the sill, or upon a board where it cannot be reached by mice, and near the cage some hemp seed must be strewn, with a little bunch of thistle-heads, the seeds of which must be scattered among the hemp. Soon after other goldfinches, attracted by the call of the one in the cage, will fly hither to seek their food. When this is the case it is no longer necessary to hang the decoy bird in the cage at the window, as it eventually might be injured by the cold; and it is then only hung within, a trap cage being placed outside, not for the purpose of immediately catching these birds, but to check the visits of the sparrows, and prevent them eating the seed. The fall of this trap cage must be connected by means of a string passed through a hole in the window, so that from the inside it may be caused to fall at pleasure. The goldfinches should be allowed to visit without disturbance until the snow begins to melt, and before flying off to some other locality they are captured,

tamed in bird cages, and subsequently accustomed to fly about the room.

"The cage must be constructed so that the door will close when it is required by means of a spring the bird can act upon without being frightened. A bird thus trained may safely be allowed its liberty at the time it moults in August. It is pretty certain to return in December, when the snow falls, and will sing far better than if kept in a state of confinement. Its nest ought to be kept constantly at the window, that it may find what it wants when it returns. But it rarely presents itself before the commencement of winter, and then, in order to recapture it, the cage must be so placed that it will close immediately the bird enters. The most certain method is to attract it by a call bird. When so captured, it may be kept in the cage until the season of liberty returns again."

A goldfinch must have elbow-room in his cage. He is fond of antics, and must be allowed to perform them. The cage should be open all round, but the top should be of wood, as the bird has a habit of twirling and running along the roof if it is of wire. The cage should be cleansed quite four times a week, scraping and scalding the bottom drawer, while the perches should be washed with soap and water. Don't forget, plenty of water.

There are many other finches—the mountain finch of Brambling; the siskin, a winter visitor to England; the greenfinch; the bullfinch; the nonpareil-finch, called by American authors the "painted finch"; the American goldfinch; the saffron-finch, &c. Then comes the Brisbane or chestnut-eared finch, a lovely bird, about the size of the largest of the waxbills. They have a low, harsh call-note, and the male has a croaking kind of warble by way of a song. They eat canary and milletseed. Captain Hart speaks of these birds as more numerous than any others in the interior of Australia, collecting together in hundreds on bushes, never very far from water, to which they regularly resort at sunset; and he says that he and his companions considered them as harbingers of good, as, whenever they saw them, they knew that water was at hand. They build in small trees, many nests together in the same tree, and hatch their young in December.

## III.—MULES.

FOR our purpose it is only necessary to take a very short survey of the subject of hybrid birds. Having studied this subject very carefully, we have much information to give, but it will be our aim not to wander in this article, and to say all we have to say as briefly as possible. We will endeavour to explain why so many persons who take an interest in bird culture fail so often in breeding young. Not only care and attention are required but knowledge, and this we will endeavour to give to the best of our ability.

Before commencing mule breeding it is necessary to see that one has the right sort of stuff to work with. There must not be a doubtful cross in either the cock or hen.

Hybrids are one of those perversions of Nature's arrangements that remind us how futile are our efforts if we go too far in the direction of new creations, and it is a wise provision of Nature that they cannot reproduce themselves.

The great charm of breeding is its uncertainty, and this gives an excitement to the business that it would otherwise lack. The story of the sporting pitman who when dying told the doctor that if they met in the next world and both had wings he would fly him for a mile just for a friendly sovereign, is almost eclipsed by another. He regretted not being able to see the summer out "just to see whether the little dun hen would bear a clear mule."

If one is anxious to breed a clear mule, it is necessary to choose the right hen—that is, hens which will produce pied mules. To produce only dark birds any description of bird will answer, but it is more desirable to produce something worth looking at; but the larger and more rich colour the hen has the more probable is it that the corresponding points will be found in her progeny. Yellow hens are preferable to buff.

We will not endeavour to explain how muling

hens have arisen. Many theories have been propounded to explain why certain strains of hens produce pied mules. Usually only ninety-nine hens out of a hundred will throw dark self-coloured mules. In all likelihood the singularity of only one or two birds out of a hundred throwing variegated birds may have attracted notice, and by careful breeding a strain might have been arrived at having a peculiar tendency only to throw variegated birds.

The best muling birds are either clear with pink eyes or variegated cinnamons or greens. Breed from cinnamons of the old-fashioned type.

Medium size birds are often best. They vary, however, in this respect according to the strain. One rule must be scrupulously observed—that no cross of any kind, not even of any noted muling stock, shall ever be allowed to taint the blood, and many breeders have bred in and in without any cross for twenty years or more. They are often very insignificant in size and, perhaps, destitute of colour, and, but for the purpose of breeding, valueless. To obtain one of these hens is not very easy, for those who have got them stick to them. So much do owners fear to lose the strain they will seldom part with a bird of this description. Those who have the best birds are, as a rule, the poor and needy, who take more trouble than the rich, who have too many occupations and amusements to see after their feathered songsters. The hard-working, grimy miner is the man who values a bird, and who knows from experience how to rear it. The birds are to be procured, if one does not mind the trouble, but not through ordinary channels; they do not exist in such superabundant numbers as to be advertised in every newspaper, and the person may consider himself fortunate who can buy a trustworthy pair. An acquaintance of ours, who bred ninety mules all of a dark colour, desired to get into a better strain. He knew where the hens were to be found, but the question was how to get possession of them. He managed to hit on the right spot, and after much trouble secured two hens and a cock; but having cast a longing eye on one particular bird, the owner began to be suspicious, and he returned home without the prize he so much desired. But he was not the man to give in, and on another occasion, finding himself among the pit districts in Northumberland, he went to a pitman's cottage, which consisted of a living room and bed overhead under the tiles. All persuasions were at first useless, but his pertinacity at length touched the pitman's heart, for the pitman admired his pluck, and said very deliberately and kindly that "he could have the birds." He placed his best bird in a small store or travelling cage, and would not hear of payment, so in this case words and an earnest manner had more power than money with the rough but kind-hearted man.

After having obtained a likely pair, you must breed from them to secure the strain. The muling season does not commence till May, so there is plenty of time to secure one or two nests of canaries. They must be paired without the slightest regard to consanguinity, and, let it be remembered, that any hen that will throw a pied mule of any sort is not to be looked upon with contempt or derision. What we want is a hen that will throw a pied mule. It is that peculiarity not procured by one in a thousand that we require, and this when found to exist is the feature to be cultivated. Such a bird might appear amongst a Norwich or any variety, and a mule breeder would look after her brother or some other kinsman, and from that beginning would be much more likely to fix up a muling strain than by commencing with birds of no character.

(To be Continued.)

**BRONZING LIQUID.**—Five parts of aniline red, five parts of aniline purple. Dissolve in 100 parts of strong alcohol on a water bath, and the solution, after the addition of five parts of benzoic acid, boiled (for five or ten minutes) until it has changed its greenish colour to light bronze brown. Applied with a brush upon leather, metal, or wood, the liquid produces a magnificent bronze coating.

**TOBACCONISTS.**—"How to Commence (125 pages) from £20 to £2000," 3d.—109, Euston Road, London.



## THE DOG.

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A dog named Blanche followed a standard bearer lieutenant in the 116th regiment. One day the regiment was in battle with the Portuguese, and the officer being knocked down by a blow from a sword on the head. They tried to wrench the flag from him, but he clung to it, but a blow from a bayonet made him fall once more, he was about to release his hold when he heard the bark of his dog.

"Seize him, Blanche!" he cried, and the dog flew at the chest of the assailant and throttled him. Burnt regained his Eagle, and as the Portuguese were driven back, fell into a swoon.

Blanche remained with him howling piteously and licking his face. When the lieutenant opened his eyes he saw that the intestines of the dog were appearing through a large wound in its side. He carried it to a neighbouring stream, and taking off his neck-handkerchief bathed the wound.

Fortunately neither the dog nor the man had received mortal wounds.

A story is told of a dog called Moffino, who followed his master, a soldier in an army corps under Prince Beauharnais during the expedition in Russia of 1812.

In the passage across Beresina the two companions were separated in disembarking, and the soldier returned to Milan alone. After his return an animal presented itself at his house, a poor thin beast, with hardly any flesh on its bones. When they tried to drive it away, it gave vent to plaintive howls, so horrible were the cries that the soldier appeared on the scene and lifted his foot to give it a kick, when he suddenly stopped and regarded it attentively.

"Moffino!" he cried, and at that name the dog gave a joyous bark, and tried to leap up, but overcome by hunger and fatigue it fell upon the ground.

This dog, in spite of terrible suffering, had swam rivers, crossed mountains, and traversed half Europe to find the person it loved.

Bob was an English dog who loved his master well, who was a soldier of his country. During the expedition to the Crimea Bob followed his master and the regiment of the Fusilier Guards, to which he belonged. This dog assisted in all the battles that took place around Sebastopol.

At night in camp, he would sit beside his wounded companions, and regard them pityingly and by licking their hands would show them how much he sympathised with their sufferings.

He became so brave that he was presented with a medal, and his name was placed in the register of the regiment, and he responded to his name when the roll was called.

When peace was signed and the troops embarked for their return, Bob failed to appear. The officers went to search for him, and he was found and brought back in triumph. In London, on the day of the grand review, Bob had the honour to defile at the head of his company before Queen Victoria.

Other armies have also dogs in regiments. Danemark is a German dog, and this brave animal distinguished himself by his attachment for the wounded. When any soldier fell he would wait by his side until an ambulance appeared.

A guard of dogs was employed to watch the Capitol at Rome, and these vigilant sentinels acquitted themselves in the most admirable way; but once, unfortunately, they were found wanting.

When the Gauls, commanded by Brennus, began the siege of Rome, all the Romans who could carry arms shut themselves up in the Capitol, leaving the old and sickly to die in the abandoned town.

Masters of the city, the Gauls during the night began to escalate the fortress, but made noise enough to arouse the sleeping dogs. On opening their eyes the dogs perceived the intruders, but on their throwing bread to the half-starved animals they began to eat instead of doing their duty, which was to arouse the guardians of the Capitol.

But, fortunately for the Romans, the geese, guard to Juno, proved to be more intractable. They gave vent to loud cries, which warned the sleeping warriors of their danger. The garrison flew to arms, and threw the enemy to the bottom of the rocks.

When in Rome they celebrated the anniversary of that deliverance they went in procession

with a goose placed on a car, to which was conceded the honours of the day, and beside her was placed a crucified dog.

The Greeks had their camps and their forts guarded by dogs. The citadel of Corinth, among others, had a garrison of immense dogs, the most superb of the canine race of antiquity, a type that has disappeared; but the admirable statues in marble in the Vatican are the exact representatives of these vanished animals.

Amongst the celebrated dogs of antiquity we may mention Xantippe's dog, that at the battle of Salamis threw himself into the water, barking defiantly; and the valiant dog who at Marathon fought with the Greeks against the Persians, and fell covered with wounds.

(To be Continued.)

## TAXIDERM Y WITHOUT A MASTER.

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## CHAPTER VI.

## SKELETONS.

DURING the busy collecting season rough skeletons may be made by removing skin, viscera, and as much muscle as possible, covering the body with the arsenic-alum powder, and allowing it to dry, when the specimen may be wrapped in paper and laid away for future use.

To prepare skeletons for the cabinet, remove as much of the fleshy parts as possible, and boil the bones until the remaining flesh is easily removed. Then boil in water in which a piece of lime as large as a hen's egg has been dissolved. Remove, dry, and, if necessary, wire.

Another way recommended is to remove all the soft parts, and scald the hard parts in boiling water containing a few drops of hydrochloric acid. Leave the bones in this solution for ten minutes, wash, and boil in plain water until all the muscles, &c., are softened. Clear this away by a brush or by a stream of water. Boil in a strong solution of soda, wash with soap and water, and, when perfectly clean, stiffen with boiling alcohol. Skeletons should be mounted on wires fixed in a wooden standard painted black.

## POISONING.

In case of poisoning with the arsenic, while preparing your skins, the advice of Dr. Coues in his "Field Ornithology" covers the whole treatment. Avoid, he says, all mechanical irritation of the inflamed parts; touch the parts that have ulcerated with a stick of lunar caustic; take a dose of salts, use syrup of iodide of iron or tincture of chloride of iron (say thirty drops in a wineglass of water) thrice a day; rest at first; exercise gradually as soon as you can bear it, and skin no birds until you have completely recovered.

If these do not cure, medical aid should be procured.

The French artists mount their birds in the following manner:—"In the middle of a piece of square wood we fix an upright, crossed by another piece forming a crutch; we pierce the latter with two holes at the distance which exists between the feet of the bird, pinning into them the two heads of wire which come out under the feet, and which have been long enough to turn them on this cross-stick, to steady the bird. The bird being on the wooden support, we must press our two thumbs on the legs or tarsi, to incline the bird backwards, then bend the tibia to bring the body forward. Before this operation tibia and tarsus were in a straight line; they now form a natural angle.

"When it is well placed we bend and turn the head according to the attitude we wish to give the bird, and afterwards arrange the wings.

"It only remains to smooth the feathers into their natural position, and to keep them in place we encircle the bird with a small fillet of gauze or muslin, fastened with a pin.

"When the bird is quite dry, we take off the fillet, cut the wire of the head as close as possible to the skull, place it on a new foot of turned wood apportioned to its size, write the names of the genus and the species on a ticket of white card, and fix it on the upright of the foot with a little gum."

The framework above described is stated to be the most simple and best adapted for small birds.

We will mention another, which answers for the smallest as well as the largest bird, and which we adopt in preference.

It is, like the preceding, composed of five pieces. The first or centre ought to be twice the length of the bird. We bend it at the third of its length in the form of an oval, twist it in two turns, then press the shortest end into the oval, and raise it against the longer end, so as to form a ring at the end or beyond the oval big enough to receive the two wires at the claws.

We twist it a second time, uniting it strongly to the long end, which is straight and pointed, then, rubbing it with oil, we enter it into the neck, already stuffed with flax.

The wires of the claws must be, like the others, straight and pointed. We also enter them through the soles of the feet.

When the point is in we curve it at the other end, to be the better able to work it up with the hand; and when the point appears within we drive it up with the flat pincers, after strengthening the other end.

To fix the wire of the claws to the middle branch, we pass the two inner ends into the little ring above the oval. We twist them together and curve them within; we then fasten them with a thread or packthread to each side of the oval.

The tail wire is exactly similar to that previously described, and it is fixed in the same manner, thrusting the fork into the rump, and either leaving the oval free or tied under that of the middle wire.

This machinery, although different to the other, is always introduced after the neck or back is stuffed.

Mr. Mangé has a third method of constructing the interior framework for small birds. He selected two wires (proportioned to the size of the bird), one of which was a little longer than the other. He pointed both ends of the longest piece and one only of the shortest. He had one end to each wire under the thumb and forefinger of the left hand, and at about the distance of two-thirds of an inch he twisted the other part five or six times with the same fingers of the right hand, after which he left a space untwisted large enough for a finger to pass through. He continued to twist in four or five turns, leaving a second interval untwisted for the passage of the two wires of the claws. He then gave a form of a triangle in the first space. We think that the smaller opening or second distance ought to be one turn above the triangle.

The two leg wires are formed in the common way. To fix the back wire when the head and legs are stuffed, he introduced the long end through the neck and skull, the fork at the other extremity passed near the "poor's nose" to support the tail, one of the legs being then passed up, he brought the end through the little hole above the triangle; he bent it along the opposite part, and united the two parts by joining them with a thread. Both legs were done in this way. For large birds Mr. Mangé formed the back wire on the oval principle.

**DRESSED BEEF.**—Col. Sam Brown, who hails from the blue grass region in Kentucky, supplies the Philadelphia and New York markets with a great deal of live cattle. Standing in the Girard House corridor recently, he said, "I can remember the time when 175 cartloads of live cattle were brought to this city and sold every week, but the sales have fallen off to about 100 cartloads. Why? Chicago dressed beef. Nearly 100 cartloads of it come here every week. The dressed-beef business is increasing right along. The population of this city is growing so rapidly that the demand for Chicago dressed beef is increasing wonderfully. There is an immense amount sent to the little cities around Philadelphia, Camden, Chester, Wilmington, Norristown, Reading, Lancaster, and a number of other places. In New England there is an immense quantity of dressed beef received every day from Chicago.

**SPIRITS of ammonia**, diluted with water, if applied with a sponge or flannel to discoloured spots of the carpets or garments, will often restore the colour.



## THE AQUARIUM.

—:O:—

It is the simplicity of the aquarium that ensures its success and most excites the admiration of the scientific observer.

If we take the obsolete fish-globe, in which gold-fish have perished by dozens, we find that to maintain the lives of our pets we must change the water frequently; and whenever this is forgotten or neglected the fishes get exhausted, come to the surface to gasp for breath, and very soon perish.

Their condition in such a vessel is analogous to that of a number of persons shut in a room or dungeon with no supply of fresh air. The fish-globe is a sort of crystalline Hole in Calcutta, and the finny prisoners die for want of oxygen.

But if instead of changing the water—a troublesome and dangerous operation—we throw into the vessel a handful of any common water-plant, gathered from the nearest brook or river, a great change takes place; the fishes cease to show signs of exhaustion, exchange their dull movements for playful gambols, catch flies on the surface, and in various ways show that their health and happiness have been vastly increased. Unless the vessel be unduly crowded with fish, it will be found possible to discontinue entirely the changing of the water; or, if crowded, the necessity for a change will be less frequent.

The philosophy of the matter is very simple. The fishes exhaust the water of its atmospheric air in the act of breathing; but the plants increase their substance by absorption of hydrogen, and, in so doing, set oxygen free for the respiratory use of the fishes; so that in water, as on land, vegetable life performs the essential service of providing animal life with the gaseous element of respiration.

In stocking a marine tank a stratum of sea-sand and pebbles should first be laid down, or, if these are not easily procurable, common silver-sand may be used, if the precaution be taken to wash it well previously, so as to dissolve out any solvent matters.

From this point the difficulty begins. A beginner may introduce plants that speedily decay, and animals that perish in a day or two.

If a sea-side rambler, he may gather many curiosities for the tank, and soon after have the mortification of finding that some of the prettiest of his specimens have ruined the whole by their rapid decomposition.

Marine fishes are suitable for none but very large tanks, and then are difficult to preserve for any length of time.

Gobies, blennies, and wrasses are, however, too beautiful not to be worth an effort to domesticate them, and the experience gained in establishing the collection will enable the possessor to proceed with proper caution in the introduction of such lively and intelligent inmates.

As a domestic ornament, combining instruction with a novel kind of recreation, the fresh-water aquarium has already taken precedence of the marine, and will doubtless keep it.

The marine tank is certainly more attractive to the eye of a student; but the fresh-water tank is at once cheaper and more easily stocked and managed, and unattended with the risks that beset marine life even under the most favourable circumstances.

The nearest brook or pond will furnish fluvial specimens, and generally speaking they are so easy of management that a child might set up a tank of this kind and keep it in a flourishing condition.

Yet it must not be supposed that there is nothing to learn even in this case, though the experience acquired through many trials and disappointments may be briefly told for the benefit of beginners.

As a rule, it may be generally held that either rockwork or branching coral is a necessity as well as an ornament of a marine tank; but rockwork of any kind is a positive injury to a fresh-water collection.

In forming the bed of the fresh-water tank we should advise the use of sharp sand only, with a few small pebbles, the whole well washed previously.

As to plants for a fresh-water tank, there is scarcely a weed to be found in any brook or river but may be safely transplanted to it. A

little washing and trimming is necessary to remove decaying matter.

Unlike the marine tank, the fresh-water vessels may be stocked by fishes and plants, at the same time; but the precaution must be taken to throw in a few handfuls of some common weed, which should be left to supply oxygen until the plants at the bottom have fairly taken root.

A mass of floating weeds is a decided improvement to the tank, and creates a rich green shadow, in which the fishes delight; and most of the succulent weeds from brooks will flourish in this way for many months, and even increase considerably, by the numerous white rootlets they send down from their joints some of which will probably reach the bottom, and produce a forest of vegetation. The stock should include minnows, barbel, perch, dace, roach, bream, chub, and water-lizards.

Dace and roach are, perhaps, the most delicate; carp and minnows the most hardy.

We have at the present moment, perhaps, a hundred of various kinds of fresh-water fish, some of them so tame as to take food from the hand, and even nibble the fingers sharply.

They swarm to the side of the vessel when we tap on it with the finger-nails, and will hunt a piece of bread as we move it up and down outside, in a lively style that would make phlegmatic dulness laugh itself into hysterics at any time.

The molluscs to be most strongly recommended are a handsome snail of a ram's horn shape, and all the kinds of water-snails; the swan mussel and the duck mussel.

The success of an aquarium depends upon the fair balance of forces; and if care be taken to remove any matter that might decay and create corruption, and to introduce only as much animal life as the plants are capable of supplying with oxygen, death will then be a rare event.

The water should not be changed at all. That is one of the leading features of the aquarium; and if you cannot keep your stock in health without a change of water, depend upon it you have gone the wrong way, and must begin again *de novo*.

An important matter is to avoid overstocking. Keep down the amount of animal life until the plants are strong, and then increase it slowly, as you see you progress surely.

Whenever you find your fishes gasping at the surface, be sure that there is a deficiency of oxygen, and remove a few to another vessel; for whenever a fish stands upon his tail at the surface at any time, it is certain that disease is at work, and that his hours are numbered.

The use of a common syringe will revive the stock if occasion require it, and is much more effective than the use of a common bee-glass, recommended by Mr. Gosse; but in our opinion aeration is a troublesome operation, only necessary to palliate the most injudicious overcrowding.

A good supply of plants, a full exposure to daylight, and with shelter from the sun only at midday in summer, protection from frost in winter, and the avoidance of any sudden change in temperature, such as might result from the keeping of large fires in the room one day and none at all the next, and an occasional supervision are needed. For all the minor accidents common sense will readily point out the proper course for sustaining the health of the tank and the happiness of the pretty inmates.

ONE of the most decoratively important articles in a room with an open fireplace is a pretty fire-screen.

SECURE a large proportion of plain neutral colours in your room. Positive or brilliant colours should be used only in small portions.

THE modern improvements in sanitation are very effective, when the plumber does his work properly. It is not well, nevertheless, to place too much reliance on the plumber. Without any fault of his, it is possible that a pipe may get out of order and cause great injury to health. Have your plumbing carefully examined occasionally, but if you want to preserve the health of the family make sure that there is a sufficient vent in every sleeping room to secure fresh air from outside and discharge the foul air from within.

## THEY DO NOT LIKE OUR FOOD.

—:O:—

NOT a few articles of food that are popular among civilised peoples, some of them being even regarded as great dainties, are rejected by many savage tribes as utterly unfit to be eaten. Some preparations of food, too, that we enjoy are not relished by uncivilised people, because in their experience they have met with nothing like them. The natives of New Guinea, for instance, cook a few cereals in their own fashion, but they made very wry faces when they attempted to eat some fresh-baked biscuits that the missionaries gave them. They finally wrapped their biscuits up in paper, intending to keep them as curiosities. On some of the islands of the Malay Archipelago there are hundreds of natives whose only industry is to collect the edible birds' nests that are esteemed a great dainty by the Chinese. They wouldn't dream of eating them themselves, and they think the Chinese must be very peculiar people to use that sort of food.

The Esquimaux near Littleton Island once discovered a supply of bread and salt pork that Dr. Kane had "cached," and they proceeded to enjoy a feast at the white men's expense. They liked the salt pork, and did not leave a morsel of it. This was probably the first chance they had ever had to vary the monotony of their meat diet. They nibbled the bread a little, promptly pronounced it a failure, and told Dr. Kane afterward that they would as soon swallow so much sand. The Esquimaux generally dislike all the preparations of vegetables that the explorers bring among them. They think it is a perverted appetite that craves anything but meat.

A tribe living not far from Port Moresby, New Guinea, that think boiled snakes are to be preferred to roast pig, draw the line at sugar. When they saw Dr. Chalmers, their first white visitor, sweetening his tea one morning, they asked him for some of his salt. Dr. Chalmers told them it was not salt; but they were incredulous, and so he gave some sugar to one of the natives. "He began eating it," says Dr. Chalmers, "and the look of disgust on his face was worth seeing. He rose up, went out, spat out what he had in his mouth, and threw the remainder away." Then he told the crowd what horrible stuff it was, and they were satisfied to take his word for it without trying it themselves.

Many savage tribes think eggs are wholly unfit for food. They keep fowls that are very much like our own, and sometimes chickens are almost their sole animal food; but they never dreamed that anybody could get hungry enough to eat eggs until they saw the missionaries eat them. The spectacle of their white friends making eggs a part of their breakfast still troubles a number of tribes in Africa. Mr. Wallace says that among some of the Pacific Islanders hens' eggs are saved to sell to ships, but are never eaten by the natives.

There are a number of tribes in Africa whose chief riches are their herds of cattle, but who never drank a drop of cow's milk in their lives. They think the milk of their herds is for calves and not for human beings, and they are disgusted at the idea that anybody should consider it a proper article of food. A few tribes near the great lakes think it is a spectacle worth seeing to look at the missionaries milking cows and drinking the milk. Among many tribes, however, milk is an important article of food. They estimate a man's wealth by the number of cattle he owns, and think he is squandering his capital if he kills one of them for food. They use their cattle to buy wives and other commodities, and eat them only when they die in natural course.

Strawberries and raspberries are found in some tropical regions, but they are never eaten, and, in fact, are hardly worth picking, as they are poor, almost tasteless things. The wild fruits of tropical regions are generally far inferior in quality and abundance to those of the temperate zone.

These same tribes that are astounded at some of the articles white men put into their stomachs very likely eat grasshoppers, ants, monkeys, elephants, and many other things that have not been introduced into our cuisine. The pure white salt of commerce is the one article in the nature of food that they are glad



to get. Earth strongly impregnated with saline matter has a wide sale in one part of Central Africa, and along the Angola Coast natives collect the impure deposits of the salt marshes to season their food. If salt were not so heavy, explorers would find it more useful than almost any other commodity in paying their way through savage lands.

## HISTORY OF KISSING.

—:o:—

THE story runs that kissing was introduced into England by Rowena, the daughter of Hengist, the Saxon. At a banquet which was given by the British monarch in honour of his allies, the princess, after pressing the brimming beaker to her lips, saluted the astonished and delighted Vortigern with a little kiss, after the manner of her own people. So well did the kiss thrive in the genial climate of England, says the *St. Paul Globe*, that, from being an occasional luxury, it became an everyday enjoyment, and the English soon became celebrated far and near as a kissing people. In fact, so far had their celebrity spread in this respect, that when Cavendish, the biographer of the great "child of honour, Cardinal Wolsey," visited a French nobleman at his chateau, the lady of the house, on entering the room with her train of attendant maidens, for the purpose of welcoming the guest of her husband, thus accosted him: "Forasmuch as ye be an Englishman, whose custom it is in your country to kiss all ladies and gentlewomen without offence, and although it be not so here in the realm, yet will I be so bold as to kiss you, and so shall all my maidens." Whereupon the rafters of the chateau rang again with the heartiness of the osculation, no doubt to the great satisfaction of the fair chatelaine herself, her many and merry maidens, and, above all, to Cavendish himself.

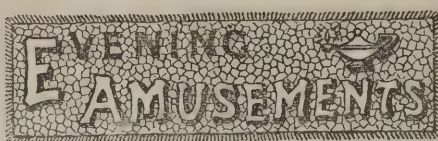
In the reign of Edward IV. a guest was expected on his arrival, and also on his departure, to salute not only his hostess, but all the ladies of the family. In fact, no occasion was lost on which to bestow a kiss, and Shakespeare makes bluff King Hal say at Wolsey's banquet at Hampton Court Palace, after he had danced with Anne Boleyn: "I were unmannerly to take you out and not to kiss you."

From England kissing found its way to America, though it is to be regretted, remarks our contemporary, that the fathers of the country were altogether too Puritanical to give the delicious pastime full swing. It was to be done decorously and in order, and woe betide the loving husband who dared to invade the sanctity of the Sabbath by kissing his wife on that sacred day.

To such a degree had the practice of kissing attained in England that ladies were accustomed to use kissing comfits, composed of ambergris and other ingredients, for the purpose of sweetening their breath. These, beyond all question, were the forerunners of the cachous, trix, and other vile things with which the ladies of the present day taint their breath. "Their breaths with sweetmeats tainted are," says Mercutio. When Whitelocke was the ambassador of Oliver Cromwell to the court of Christina of Sweden, the queen one day, accompanied by her ladies, dined with him, and her Majesty, nothing loth, perhaps, for a lesson, commanded the ambassador to teach her suite the English mode of salutation. Whitelocke fell to work at his pleasing task immediately, and, after a few "coy and pretty defences" from his pupils, soon found in them the most apt of scholars, and ready to carry out his instructions to the letter.

But the custom of universal kissing in England fell into disuse. In the time of those ascetic monarchs, William and Mary, it was very little practised, and from that time out continued to be restricted to its proper use and employed only on proper occasions—such, for instance, as when a beauty is caught asleep, or under the mistletoe, where it is always in order.

MONEY is a powerful commodity; yet alone it cannot always purchase the best meal. A little experience and a good deal of judgment are necessary aids in using the resources of the purse for kitchen purposes.



## OUR SPHINX AND PUZZLE PAGE.

—:o:—  
ACROSTICS.

THERE are many ways of complicating these ingenious productions. Addison, who notices them along with other sorts of false wit, says: "There are compound acrostics, where the principal letters stand two or three deep. There are even instances of the same name being five times repeated in so many successive columns. Such an acrostic has been designated a *pent-acro-tic*. This species of elaborate trifling was very fashionable among early French poets from the age of Francis the First down to Louis XIV. Many English poets of considerable eminence used formerly to amuse themselves in the same way.

We give one curious specimen of a Latin acrostic, and will then add some English exemplifications which will explain our meaning:—

S A T O R  
A R E P O  
T E N E T  
O P E R A  
R O T A S

The acrostic should, perhaps, be called a hidden meaning, as the guesser has to discover who is the person and what the thing intended to be spoken of in the mystic lines. Unless all the words are correct it is impossible to complete the acrostic. We will give one or two instances to illustrate our meaning:—

The initials do his name declare,  
Whose subjects all men are, and were;  
The finals will a tyrant show  
Who reigns in regions down below.

1. I'm used as an emblem to hold joy and woe.
2. Excusing some folly, this word we employ.
3. A land which for gold has a proverb become.
4. Still wandering about and without settled home.
5. My fifth to say, is not a hard condition,  
And saves the use of idle repetition.

Answer—CUPID—PLUTO, which is arrived at thus:—1, CuP; 2, UsaL; 3, PerU; 4, ItineranT; 5, DittO.

A second example:—

Alternate states these two small words contain,  
Each virtue has to ease the other's pain.

1. His creed is wrong from beginning to end.
2. She mocks the absent, whether foe or friend.
3. No mere remains, if this be done and said.
4. Vile as he looks, there's value in his head.

Answer—HEAT—COLD.

- 1, HeretiC; 2, EchO; 3, ALL; 4, ToaD.

In the annals of a faithful wife

My finals find a place;

Sturdy and strong though my first may be,

He'd hardly win the race;

But place my first before my last,

And when they're first combined,

In all the world such workmanship

'Twould puzzle you to find.

1. A county in Lancaster.

2. A weight.

3. A tell-tale.

Answer—COB—WEB.

- 1, CarloW; 2, OuncE; 3, BlaB.

All your purest Bohea is imported from me,  
And conveying it straight to the mouth I am found;

But "there's many a slip 'twixt the cup and the lip,"

So take care that your hopes are not dashed to the ground.

If you want to take wine, then the office is mine;

Though I think not nor speak, in reflection I'm great;

Now don't say, "Who are you?" I'm seen easy through,

And without gold and silver, am frequently plate.

1. He entreats us to enter (not censuring dread),  
And commands a good view of the tops of our heads.

2. He at first killed his enemies terribly fast,  
And becoming his own, killed himself too at last!
3. Having managed her parents' rash vow to withstand,  
She in Greece closed her days on the fat of the land.
4. If one cause for its dynasties divers you'd learn,  
It's but fair such fair spots should be governed by turn.
5. Now for weapons and limbs; also symbols, the which  
Can be earned by the valiant, or bought by the rich.

Answer—CHINA—GLASS.

- 1, ChanG; 2, HannibaL; 3, IphigeniA; 4, NapleS; 5, ArmS.

Two ladies of the British nation

Renowned for taking strong potation.

1. What women like and most men detest.
2. Take care you tread not on my place of rest.
3. A famous stream, the mother of the waters.
4. A useful beast, who gives us sons and daughters.

Answer—GAMP—PRIG.

- 1, GossiP; 2, AddeR; 3, MississippI; 4, PiG.

Answers to the following to be sent in within two weeks:—

### QUESTION AND ANSWER.

1. In words unnumbered I abound,  
In me mankind doth take delight;  
In me much learning still is found,  
Yet I can neither read nor write.
2. With learning daily I'm conversant,  
And scan the wisdom of the wisest men,  
With force I pierce the strongest argument,  
Yet know no more that it had never been.
3. Upon the winds I take my ways,  
Control me in my ways who dare?  
The brightest planets I outgaze,  
And build my empire in the air.
4. I'm no lover, yet a flaming heart  
I have, while lovers shriek and shake with cold,  
Great benefits to others I impart,  
And am by crowding visitants extolled.
5. The swiftest of all things am I,  
And strength above all creatures have;  
But, ah! alas, I quickly die,  
No sooner born but find a grave.
6. Though I am of the airy sort,  
Yet humbleness in me is read,  
For entering of a lofty port  
I ne'er forget to bow my head.
7. Though I am pierced a thousand times,  
Yet in me not a hole is made,  
I notice give when Phoebus climbs  
To drowsy mortals in their bed.
8. A thing there is we sometimes see  
That up and down does swiftly move,  
Though on the ground it dare not be,  
Yet food to him earth's creatures prove.

### CONUNDRUMS.

1. Why is a tea-kettle and lamp like a Quaker?
2. Why is a picture like an M.P.?
3. Why is an eye like a thief at the whipping-post?
4. Why is a well like a loch?

### ANSWERS TO "OUR SPHINX," IN

No. 2., p. 30:—

Numerical Enigma—Occurred.

Charade—Incapacity.

Hidden Musical Terms—Tone, Stave, Alto, Cleft, Minim, Time.

Curtailments—Chance-l, Char-t, Choler-a, Clam-p, Cover-t, Eagle-t.

Decipitations—T-urn, S-troll, S-trip, T-rue, S-sharp, T-hatch.

Word Square.

P R A Y  
R O B E  
A B B A  
Y E A N

Diamond Puzzle.

B  
O L D  
B L E A K  
D A Y  
K

Cross-Word Enigma—Dahlia.

Drop-letter Maxim—Delays are dangerous.



TO PRESERVE AND BEAUTIFY  
Electro-Plate, Gold & Silver Jewellery,  
Britannia Metal, Block Tin, &c., use

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# THE COOK & HOUSEKEEPER

## A JOURNAL FOR EVERY HOME



NO. 5. VOL. I.

SATURDAY, APRIL 2, 1887.

PRICE ONE PENNY

### FIRST LESSONS IN CARVING.

**ROAST GOOSE.**—Evenly-cut slices, not too thick or too thin, should be carved from the breast in the direction of the line from 2 to 3. After the first slice has been cut, a hole should be made with the knife in the part called the apron, passing it round the line as indicated by the figures 1, 1, 1; here the stuffing is located, and some of this should be served on each plate, unless it is discovered it is not agreeable to the taste of some one

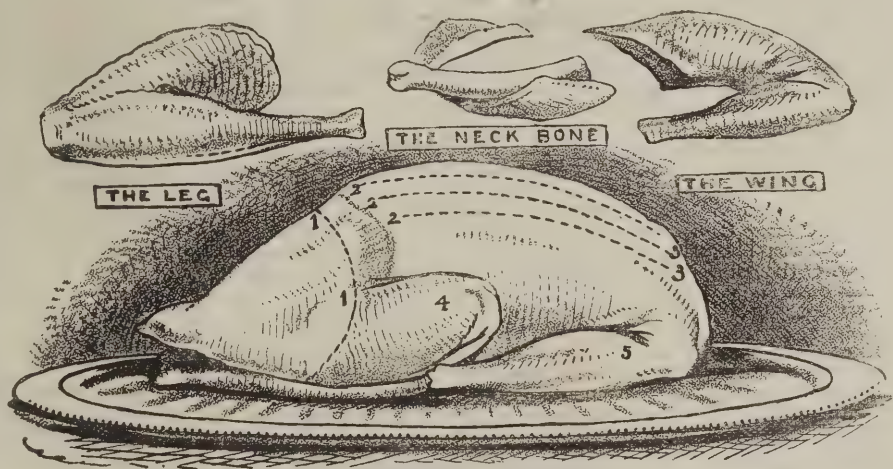
guest. If the carver manages cleverly, he will be able to cut a very large number of fine slices off the breast, and the more so if he commences close down by the wing, and carves upwards towards the ridge of the breast-bone. As many slices as can be taken from the breast being carved, the wings should be cut off, and the same process as described in carving boiled fowls is made use of in this instance, only more dexterity and greater force will most probably be required. The shape of the leg, when disengaged from the body of the goose, should be like that shown in the accompanying engraving. It will be necessary, perhaps, in taking off the leg, to turn the goose on its side, and then, pressing down the

small end of the leg, the knife should be passed under it from the top quite down to the joint; the leg being now turned back by the fork, the knife must cut through the joint, loosening the thighbone from its socket. The merrythought, which in a goose is not so large as might be expected, is disengaged in the same way as that of a fowl—by

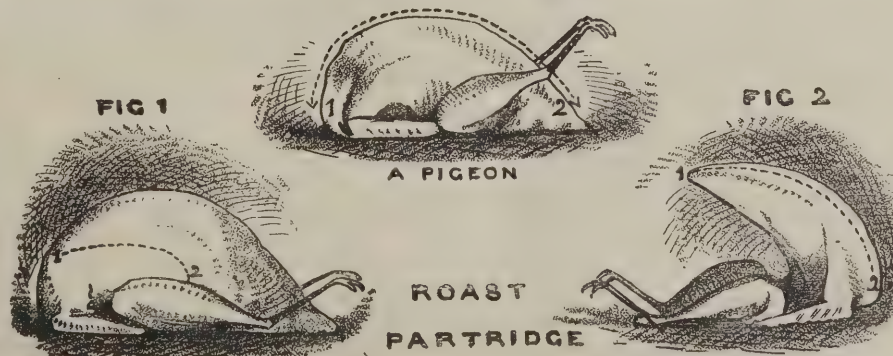
passing the knife under it, and pressing it backwards towards the neck. The neck-bones, of which we give a cut, are freed by the same process as are those of a fowl; and the same may be said of all the other parts of this bird. The breast of a goose is the part most esteemed; all parts, however, are good, and full of juicy flavour.

**PIGEON.**—In carving a pigeon, the knife is carried sharply in the direction of the line as shown from 1 to 2, entirely through the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests, and by this means there will be sufficient meat left on the breast to send to the third guest.

**PARTRIDGE.**—There are several ways of carving this bird. The quickest is to carry the knife sharply along the top of the breast-bone, and cut it quite through, thus dividing it into two equal parts, in the same manner as carving a pigeon. Another plan is to cut it into three pieces—viz.: by severing a small wing and leg on either side from the body, by following the line 1 to 2 in Fig. 1; then making two help-



THE GOOSE



ings, when the breast will remain for a third plate. The most elegant manner is that of thrusting back the body from the legs, and then cutting through the breast in the direction shown by the line 1 to 2; this plan will give four or more small helpings. A little bread sauce should be served to each guest.



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## COOKERY.

MOTTO: "Cookery in England, when well done, is superior to that of any country in the world."—Ude, Cook to Louis XVIII.

—:O:—

### CHAPTER VI.

"Cookery is a science.  
No man is born a cook."

THE progress of civilisation is marked by the progress of cookery, and from the very earliest ages of the world down to our own times man has steadily improved in the art of rendering, by the manipulations of the cook, the various articles used for food more palatable and nourishing. Cookery is the art which has rendered the most important service to society, for it is to its requirements that we owe the application of fire, and it is by fire that we have subjugated nature. This being the case, it may be assumed that the theme is one of general interest, and consequently no apology is needed in introducing a few facts, collected from the numerous authorities who, from the days of Homer downward, have considered matters, culinary and gastronomic, as worthy their attention.

Cookery can certainly claim to be considered among the fine arts, as it combines usefulness with an amount of æstheticism, the union of which is the groundwork of true art. It is well known that in the commencement of the world's history man subsisted on grain and fruits, and ate these without subjecting them to any process of cooking; which, after all, in its rudimentary stages, was only an imitation of the natural processes, as any man provided with a good set of teeth, glands for the secretion of saliva, a tongue, and the usual apparatus for digestion, could provide his own bread by merely consuming the grain. His teeth acting as a mill, the tongue kneading the dough formed by the saliva, muscular action transferring it into the stomach, which may be considered as the oven, where it would be properly prepared for the nutrition of the body. All that the cook has done has been to copy and improve upon the operations of the bodily machine.

In the beginning it is probable that man was frugivorous from necessity, as, unless armed, he is the most unprotected animal of the whole world; but being endowed with reason, the inherent desire for progress speedily developed itself, and the very knowledge of his weakness induced him to fabricate weapons of defence, and, once provided with these, his omnivorous instinct, craving for other food than fruit and grain, urged him to kill and feed upon the animals around him. Their flesh, like his other food, was devoured in a raw state, as the properties of fire were as yet unknown. But, these discovered, progress again made man apply it to food; first to dry it, then by placing it on hot embers to cook it. Still advancing, the next step was to find out that flesh cooked in this way was smoked and soiled, and to remedy this by sticking it on skewers of wood which were laid across piles of stones raised high enough to prevent contact with the embers; this being the origin of that useful article the gridiron.

If we could have visited the house of a Saxon thane about the year 950, we should have found considerable ceremony and even luxury about all matters connected with food and feeding. At dinner-time we should have been seated at a large, square table, strictly in the order of our respective ranks, this being considered of sufficient importance to warrant a law being framed by which it was allowable to pelt with bones or other refuse any person who took a higher seat than he was entitled to. The mistress of the family would be found at the head of the table, seated on a chair of state placed on a dais or platform, slightly raised above the guests,

and it was considered the correct thing for her, as the hostess, to cut and distribute the bread. Hence the title of *loef-dien*, or server of bread—from which is obtained our word lady. It was the custom for the men and women to be seated apart from each other. The table would have been covered with a rich cloth, heavily embroidered, and of considerable value. The drinking vessels were usually of silver or gold, and, from specimens that are to be found in some of our museums and in private collections, we are justified in assuming that the worker of metals, even in those early days, was a craftsman of no mean skill. The food was profusely plentiful; animals roasted whole frequently figuring at the festive board. Pork—or rather we should speak of it as swine's flesh, for it was not till after the Conquest that the words beef, mutton, and pork entered into the vocabulary of the English—was the favourite meat; and the wealth of the Saxon gentry was largely composed of the immense herds of swine that wandered in the oak forests, which then covered the greater part of our island, and fed on the acorns that so plentifully bestrewed the ground. The service was decidedly rough, and it was expected of each guest that he would carve for himself, using for the purpose the short, double-edged knife that was always worn, and which sufficed equally to cut throats or food.

A singular law in force at this time was that, if anyone entertained a guest in his house for three days, and that guest committed any crime during that period, his host was either to bring him to justice or answer for the offence himself; and by another, and somewhat later law, a guest after two nights' residence was considered one of the family, and his entertainer was held responsible for all his actions.

In the time of the Danes excessive drinking and gluttoning were practised. Four gigantic meals a day were eaten. It was the practice to sit long at table, and the feasts often wound up with drunken scenes of violence, discord, and bloodshed.

After the Norman Conquest, 1066, the four meals a day were reduced to two, and the lighter style of cookery, such as *ragouts*, stews, and other "made dishes" came into vogue. The men of feudal England were copious devourers of soup, and while some of these were at once meat and drink for the ravenous appetites of famished soldiers, others were delicate enough to please a modern epicure. Among the former we find mention of umbel soup, which was prepared from the entrails and offal of the deer and other animals, and which chroniclers of the time tell us formed a "strong, hearty food;" pig soup—the title of which explains in itself of what it was prepared—and a kind of blood porridge thickened with meal, which was much eaten by the lower classes. Of the more dainty varieties, the egg soup and lark soup were favourite specimens. The aristocracy much delighted in a pottage of small birds, boiled in the milk of almonds, and flavoured with spices, onions, and pellitory. Yeomen smacked their lips over a steaming bowl of highly-seasoned "*Perrey of peson*," which was something akin to the pea soup of to-day. But the mediæval chefs were even happier in the concoction of fish soups than flesh and vegetable pottages. Skillfully prepared, the eel broth and muscle broth would win commendation.

We will conclude the present article with an extract from a work on the feeding customs of the middle ages, which finishes a chapter on the confectionery and subtleties of mediæval England with the following comparison between things then and now:—"At present, the Christmas trees planted on supper tables for the delight of children are the only remains of the intrusive decorations which were so conspicuous at the feasts of the Old English. But in the smaller confections of our tables—such as crackers, bonbons, chocolate drops, and 'kisses'—may be seen vestiges of a fashion that, centuries since, scattered curious trifles of the kind over the groaning board. In the fabrication of lozenges and minute sugar toys the confectioners of olden time expended much care, and often exhibited more skill than delicacy. In spite of all that has been urged against the levity and impudence of the 'girl of the period,' it is certain that she would not fail to show signs of abhorrence and outraged dignity if offered at a ball supper such whimsical sweet-

meats as gallant knights in the palmiest days of chivalry used to press upon their dames and demoiselles."



(ARRANGED ALPHABETICALLY.)

—:O:—

**Baba.**—The same paste as for brioches, only make it more liquid with hot milk. Take eight grains of saffron, which infuse in a little water, and then pour this water into the paste; add two glasses of Madeira, some currants, raisins, and a little sugar, then make the cakes as you do brioches, which see. Butter the mould when you put them in; the oven must be moderately hot, as the baba must remain a long time in; after one hour you must look at them, and preserve the colour by putting some paper over it.

**Baba with Raisins.**—Take a tablespoonful of raisins and four ounces of fine flour, which make into a soft dough. When raised by the fire, mix two pounds of flour with a pound and a half of butter, a quarter of a pound of sugar, half a pound of Muscatel raisins, some candied lemon peel or citron, a little saffron, half a gill of brandy, the same of rum, half an ounce of salt, about a dozen eggs. When paste is ready and the dough properly risen, mix well together, add a quarter of a pound of well-dried currants and half a pound of stoned raisins. After it has all been well worked, spread a mould with butter, put in a coating of paste, mix all the rest quickly, pour in and let the whole rise by the fire, when put in oven for two hours or a little less according to the heat. Make a sauce of apricot jam, half a pint of syrup, and a gill of rum. This is a favourite dish in Germany.

**Bachelor's Pudding** is made by beating up three eggs, flavoured with nutmeg and essence of lemon to a quarter of a pound of minced apples, currants, bread-crumbs, and two ounces of sugar. Mix and boil in a basin for three hours.

**Bacon and Eggs.**—"This," says Ude, "may appear a very common and vulgar dish." It is, however, very palatable. Break with great care the number of eggs you intend to fry; more than eleven or twelve will never fry well without injuring the yolks; fry the batter till it becomes very hot, and throw the eggs gently in the pan; fry them very well, and do not let them be too much done, add some salt and pepper, and with the slice slip the eggs dexterously on a dish; fry some bacon separately and put it round the eggs. Serve hot.

**Bacon Stewed with Green Peas.**—The bacon is to be cut into pieces one inch square, and is to be taken from the breast. Blanch these for half an hour in water, to take off the briny taste, then fry them of a fine colour, and drain all the grease. Next stew the bacon with the peas, putting in a little water. When the peas are nearly done and reduced, add a spoonful of *sauce tournée*. Never omit a little sugar. Unless the peas are stewed as a sauce or an entrée, there must never be any sauce in the dish; and observe when they are for entremets that there must be no sauce at all.

**Bacon Sauce.**—Cut a quarter to half a pound of fat bacon into slices; cut each slice into very small pieces; fry them lightly until the oil turns a light brown colour; remove the pan from the fire, and add one-third of vinegar to a third bacon oil; have ready a salad seasoned with pepper, and such other ingredients as may be desired; pour the dressing over the salad when a little cool, and serve. If the bits of bacon are not wanted, pour the dressing through a strainer. Ham may be substituted for bacon. Some add a little flour, mixed with cold water, to the bacon fat, while others add eggs and other ingredients, but the plain bacon dressing gives more satisfaction.

**Baked Beans and Pork.**—This is a heavy dish, but nourishing. Pick the beans, wash, and put to soak overnight in plenty of water. In the morning pour this water off, and put the beans in a saucepan of cold water; place them on the fire, and let them simmer till quite tender; take them up and drain them; when thoroughly



drained, put them in a baking-pan with a large piece of salt pork; score the pork, and lay it deep in among the beans, not upon them. Pour boiling water over them, and bake till brown. If in a range, leave them all night.

**Baked Beef.**—Bone and lard a piece of rump of beef, as for *Bœuf à la Mode*; put it into a stewpan just large enough to contain it, together with a glass of white wine, some green onions, mushrooms, shallots, and seasoning. Some lean bacon will also be an improvement. Close the edges of the pan with a strong paste, and let the meat stew in an oven for five or six hours; then serve it with its own sauce strained. Beef *entrecôte* is a favourite French dish. Take the slice of beef which is obtained between any two of the ribs, and having taken out the sinewy parts, cut it regularly to about the thickness of two fingers; then beat it flat, and sprinkle over it salt and pepper. Cook it on the gridiron over a clear fire. When done serve with a sauce *à la Maître d'Hotel*.

**Baked Beef** for a family can be made by cutting slices of cooked meat, and sprinkling salt and flour over them. Roll them up with a little fat, cut into slices, place the whole in a stewpan and let it stew for a short time, occasionally moving the meat that it may not adhere to the pan. Then dilute with milk thickened with a little flour. Keep stewing gently till the meat is thoroughly done, season to taste and strain for use.

**Baked Calf's Head.**—Mix together pepper, salt, bread-crumbs, and chopped sage; rub batter and seasoning over the head; cut the brains in four, and rub them in the crumbs; then lay the head in a deep dish with the brains; put a lump of butter into each eye, with plenty of the crumbs also, fill the dish nearly full of water, and let it bake two hours in a quick oven.

**Baked Carp Stuffed.**—After having cleansed and prepared a carp as for broiling, take up one half of it, and with the flesh make a farce. This is usually done by taking the flesh of two carps, which you chop, pound, and rub through a sieve. Soak some crumbs of bread in some good milk; have a few mushrooms and a little parsley chopped very fine. Set the herbs to sweat in a little butter over a very slow fire. Then let them cool in a hair sieve. Next put the bread, that has been soaked and squeezed properly, with the flesh of the carp that has been rubbed through a tammy into a mortar, with a lump of butter of about the same bulk as the flesh of the carp, and season with pepper, salt, allspice, three or four eggs, whites and yolks together. Now taste, and add seasoning, if required. When completely done, rub it through a sieve and let it cool in the larder, and use it when you have occasion. This farce is used for jelly patties of carp. But in the case of the baked carp take up one-half of it, and with the flesh make a farce with which you cover the other half, after taking out the bones. Give it a pleasing shape. Then, with a very small spoon, figure scales over it, and put it into the oven on a baking-dish. Take care it does not get too dry. When it is a fine brown, ascertain if it is done by running your knife between the forcemeat and the fish. Send it up to table with anchovy sauce, or sauce *hachee*, which is simply chopped gherkins, mushrooms, capers, and anchovies mixed with butter and flour, moistened with a little broth or gravy and some fine herbs. Ude says:—"This sauce, although seldom or ever used in good cookery, is frequently to be met with at taverns and inns on the road!"

**Baked Chicken Pudding.**—Cut up two young chickens, and season them with pepper and salt, and a little mace and nutmeg. Put them into a saucepan with two large spoonfuls of butter, and water enough to cover them. Stew them gently, and when about half cooked take them out and set them away to cool. Pour off the gravy, and reserve it to be served up separately. In the meantime make a batter, as for a pudding, of a pound of flour stirred gradually into a quart of milk, six eggs well beaten and added by degrees to the mixture, and a very little salt. Put a layer of chicken in the bottom of the baking-dish, and pour over it some of the batter, then another layer of chicken, and then some more batter, and so on, having a cover of batter on the top. Bake till it is brown. Season the gravy you have set away with celery, parsley, any sweet herbs you choose, or with chopped oysters; let it boil a short time, and send it to the table in a sauce-boat to eat with the pudding.

This dish is very nutritious, and makes chicken go a great way.

**Baked Custards.**—Put a blade of mace and a quartered nutmeg into a quart of cream; boil it, then strain it; add to it some whole rice boiled and a little brandy. Sweeten to taste; stir over fire till it thickens, and serve it up in a cup or dish. It may be used either hot or cold.

**Baked Eels.**—Prepare the eels properly; open the belly in order to draw out the inside and the blood. Roll the eel round, put a stuffing into it, and fasten it with a skewer. Then bake it in a marinade. When it is a brown colour glaze it, and serve under an *Italienne* or white Italian sauce. After having turned some mushrooms, throw them into a little water and lemon juice to keep them white. Formerly it was customary to use oil for these sauces, as, on account of its being lighter, it would rise always to the top, whereas on thick sauces butter does not. Put into a stewpan two-thirds of *sauce tournee* (white thickening diluted with fowl broth), and one of stock broth, with which mix half a quarter of a pound of butter; add to it a spoonful of essence of anchovies.

**Baked Haddock.**—Take two moderate-sized haddocks, clean and wipe well in a cloth, but do not wash them; keep the breasts as whole as possible. Straw salt over them, and lay them on a board for several hours; then wipe the salt from them, cut off the head and fins, cut the skin through down the back, and take it off neatly, being careful to keep the fish whole. Beat up the yolks of three eggs, dip each in the egg; have ready some bread-crumbs, mixed with pepper, salt, and chopped parsley; roll the fish in the crumbs, and stuff the heads and breasts with oysters chopped, but not too small, and bread crumbs blended with an egg. Butter a dish, lay the fish upon it, stick pieces of butter upon each, and bake them; they will take from three-quarters to an hour. Take a pint of veal gravy, the same quantity of cream; mix two table-spoonfuls of flour in a little of the cream; boil altogether until it is smooth; serve with a blade of mace, a little nutmeg, salt, and a whole onion. When about to dish, take out the onion and add a glass of wine and the yolk of an egg well beaten. Dish the fish neatly; lay the heads at each end and at each side; pour the sauce over, and garnish with lemon.

**Baked Ham.**—A ham of twenty odd pounds will take from five or six hours to boil properly, but both ham and beef may be baked with great advantage. By this process slow cooking is ensured, and the juices of the meat are concentrated. By putting a certain quantity of suet into the pan in which the ham is baked, and covering the top with coarse paste in folds of paper, the flavour is much improved; the gravy coming from the meat will be a jelly, which, though too salt to be eaten alone, will mix admirably with any kind of stock, and may be made into essence of ham. The oven is a very economical substitute for the saucepan when there is no steam apparatus.

**Baked Herrings and Sprats.**—Wash and drain without wiping them; season with allspice in fine powder, salt, and a few whole cloves; lay them in a pan with plenty of black pepper, an onion, and a few bay leaves. Add half vinegar and half small beer enough to cover them. Put paper over the pan, and bake in a slow oven. If you like, throw saltpetre over them the night before to make them look red. But do not open them.

**Baked Herrings.**—Scrape the scales from the herrings and wipe them well, but do not wash them. Cut off the heads and split them, removing the back bone. Sprinkle a little pepper and salt over them with some pounded mace; roll them up neatly, and fill a baking-dish with them. Arrange the roes amongst them, and lay a few cloves and bay leaves here and there in the dish. Cover them with water and vinegar in equal proportions, and bake them for an hour. They may be eaten either cold or hot.

**Baked Leg of Pork.**—Rub it well over with salt and saltpetre mixed; let it lie five or six days in the brine, then hang it up to smoke for five or six days, when it is ready. Take off the skin, put it into an earthen dish, and pour a little wine over it; stick a few cloves in it, or beat them to powder and rub them over it. When it has been in the oven a short time take some hard biscuit, pounded with sugar, and spread it all over. Serve it up with gravy and port-wine sauce. It may be roasted on a spit if preferred to baking.

**Baked Mackerel.**—Send them to the oven stuffed the same as a pike, or take the bone out without dividing the fish; pepper the inside well, lay butter between; flour and butter the outside, roast in a Dutch oven, and serve them up with lemon juice squeezed over them, and thick sauce of chopped fennel, parsley, and butter.

**Baked Milk.**—Put half a gallon of milk into a jar, and tie it down with writing paper. Let it stand in a moderately warm oven about eight or ten hours. It will then be of the consistence of cream. It is used by persons who are weak or consumptive.

**Baked Pears.**—These need not to be of a very superior sort, but some taste better than others, and often these are the least fit to eat raw. Wipe, but do not pare, and lay them on tin plates, and bake them in a slow oven. When done enough to bear it, flatten them with a silver spoon. When done through, put them on a dish. They should be baked three or four times and very gently.

**Baked Pike.**—Take a large or two small fish, stuff it with forcemeat, skewer it round, flour it and lay it on a dish. Scale and empty the pike without injuring the skin of the belly, into which introduce a forcemeat, which will drop out if not well secured. This farce is made of two handfuls of crumbs of bread, one handful of beef suet, chopped parsley ditto, salt, pepper, and spices, two whole eggs, and a little fresh butter. Mix the whole together, and pound it in a mortar; then stuff the pike with it, and turn it with its tail fastened in its mouth by means of a skewer; next dip it, first in an omelet, yolks of eggs beaten, and then into crumbs of bread, and again into crumbs of bread; then baste it over with butter before you put it in the oven.

**Baked Pig Stuffed with Potatoes.**—Take a small pig which the butcher has dressed for cooking, stuff it with mashed potatoes seasoned with pepper and salt, and moistened with milk; lay it on a trivet in a dripping-pan, lay some knobs of butter all over it, sprinkle it with pepper and salt, and dredge it with flour. Put a pint of water in the pan, set it in a quick, hot oven, and baste it frequently. When it is nearly cooked, baste it with two spoonfuls of butter, and close the oven until it is done. Then take it up, dredge a little flour into the gravy, stir it quite smooth, and boil it up; strain it and serve it with the pig, which must be cut up and ranged back to back on the dish, with half the head at each end, and the ears on each side. Send it to the table with apple sauce or currant jelly. Time, about two hours.

**Baked Plum Pudding.**—Beat five eggs thoroughly, add one cup of sugar, one-half pound of suet, and one teaspoonful each of nutmeg, cinnamon, and cloves, and one and one-quarter pounds of flour. Mix with this gradually two cups of milk. Dredge with flour one pound of raisins stoned and cut in two, and two ounces of citron shaved fine. Add to the other ingredients, and if the batter is so thick that you cannot move the spoon in it, add a little more milk. Beat all very hard and long, then turn into a buttered mould. Bake nearly two hours in a moderate oven.

**Baked Potatoes.**—A good rule for baking potatoes is to wash and boil them in the usual way till nearly done, and then finish by baking. They are whiter and mealier than when baked in the old way.

**Baked Rabbit.**—Wash a young rabbit thoroughly, cut it up into convenient pieces, and drain them well. Cover the bottom of a baking dish with thin slices of bacon, and lay the pieces of rabbit dusted lightly with pepper on the top of them. Put more pieces of bacon on the joints of rabbit, and bake in a moderate oven till it is quite done. Arrange the rabbit and bacon on a hot dish, and pour a gravy slightly thickened over them. Serve hot with mashed potatoes.

**Baked Shoulder of Mutton on a Yorkshire Pudding.**—A small shoulder of mutton cut in a good shape, boned, and stuffed, may be baked with advantage upon a Yorkshire pudding. It is frequently served up in this manner at Anglo-Indian tables, the pudding not being deeper than a shallow dish will admit.

**Baked Soup.**—Put a pound of any kind of meat cut in slices, two onions, two carrots ditto, two ounces of rice, a pint of split peas, or whole ones if previously soaked, pepper and salt into an earthen jug or pan, and pour one gallon of water. Cover it very close, and bake it.

**Baked Suet Pudding.**—Boil a pint of milk; when it is cold stir it into eight ounces of



flour, and six of shred suet; add two eggs and a teaspoonful of salt. If it be plum pudding, put in eight or ten ounces of stoned raisins, and omit the salt.

**Baked Sturgeon.**—Spit the sturgeon, make a marinade with white wine, with which baste the sturgeon. Pour it into a vessel large enough to contain the fish, which cover with buttered paper. Baste frequently with the marinade. When the sturgeon is done, have the sauce ready, and use it to mash the fish.

**Baked Trout.**—Having emptied and scaled the trout, put a stuffing well seasoned into the belly, then turn it round with its tail fixed in its mouth. Put the fish in a small quantity of marinade, so that it may be just covered. Baste it frequently. When it is done reduce one half of the liquor in which the trout has been stewing; put in a good lump of fresh butter kneaded with flour, with a little essence of anchovies, a few fine capers, salt, and pepper, if the sauce is not sufficiently seasoned; but be careful, when you use anchovies, not to use too much salt. Then squeeze the juice of a lemon, drain the fish, send it up to table with the sauce under it, but without covering the fish.

**Baked Welsh Beef** is round of beef salted and left in the brine for a fortnight, turning it frequently. It is then well washed in the pickle, and put in an earthen vessel, with a quantity of beef suet over and under it. Cover it now with a coarse paste and bake it, allowing it to remain six or seven hours in the oven. Pour off the fat, and let the beef stand till cold. It will keep two months at Christmas, and make an excellent dish.

**Balls, Forced Meat.**—Take a pound of fillet of veal, or fresh pork or beef, or any raw meat, mixing several sorts if you like, and mince fine. Take off all skin and bone, add salt, parsley, a little garlic, according to taste. Add fat or beef marrow, with, perhaps, some lard, if you like. Mince again. Now add mushrooms, a few currants, some *pignon* and some shredded cheese. Put the whole in a pot with a little water, adding, if you like, a little more garlic, some parsley, an onion, a small bouquet of thyme, sweet marjoram, cloves. Cook all this slowly; when cooked, add a little verjuice.

**Balls, Savoury.**—Take part of a leg of lamb or veal and scrape it fine, with the same quantity of minced beef, suet, a little lean bacon, sweet eschalot, and anchovies, beat in a mortar until it is as smooth as wax. Season it with savoury spice, and make it into little balls.

**Balls** (Another Way).—Take the flesh of fowl, beef suet, and marrow, the same quantity, six or eight oysters, lean bacon, sweet herbs, and savoury spices, pound it, and make it into little balls.

**Ballotine of Fowl.**—Bone the legs of the fowl; cut the knee entirely off, and the leg just above the joint; then roll the legs and thrust the claws into the hole of the leg bone; tie them up quite round and put them between two metal plates, with a pretty heavy weight over them, to give them a nice shape. When they have become firm, put them between layers of bacon and braise them in the common way; when they are done, drain and glaze them. Send up with any sauce you may fancy; tomato sauce is very good.

**Banbury Cakes.**—Take three pounds of flour, one pound of the butter rubbed into the flour, mix it with milk and a little barm, roll them round, then put sugar, currants, and a little of the essence of lemons in the middle; take them up long, and bake them in a pretty hot oven.

(To be Continued.)

THE English word mustard is said to have originated in the French phrase *moult me arde*—I wish ardently—which was the motto of the Duke of Burgundy. In reward for the assistance rendered to him by one thousand men obtained from Dijon, he permitted his armorial bearings to be placed above the principal gate of the town. In time the middle word of the motto became effaced, and the other two were printed on the labels which the merchants pasted on pots containing this condiment, and sent all over the world.

No digest of laws like the law of digestion. We live, not by what we eat, but by what we digest; and what one man may digest another would die of attempting.

## JEWISH COOKERY.

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### DISHES FOR PASSOVER.

THE Jewish festival of Passover, which corresponds to our Easter, is, as their Prayer Book hath it, "a memorial of the departure from Egypt." As we read in the 12th chapter of Exodus, the Jews left Egypt so hurriedly that the dough which they had prepared had no time to ferment, and the consequence was that for some time they were obliged to eat unleavened bread. In memory of this the Jews all over the world, for one whole week in every year, eat no leavened bread and allow nothing fermented to come into their houses. The orthodox at this time will not even use a dish or a saucepan that has served to prepare ordinary food, and services of crockery and kitchen utensils are reserved for use only during the Passover.

The Matzo, or cake of unfermented bread, is a large, round, flat cake, made of flour and water, and baked very thin and crisp. It is exceedingly nice with butter or cheese, and forms a pleasant relish for luncheon or tea. These cakes may be bought for threepence or fourpence a pound at any Jewish grocer's, or of the many Matzo bakers who congregate in the region of Middlesex-street, formerly Petticoat Lane. No ordinary flour is used in Jewish cookery during Passover Week, but in its stead a sort of meal made of matzos ground fine is used. Many nice dishes are made of this, and as these will be a pleasing novelty to many of our readers, we will describe some of these.

**MATZO SOUP.**—Boil down four pounds of gravy beef, half a shin of beef, and a calf's foot if desired, in three or four quarts of water, with seasoning of pepper, salt, carrots, celery, browned onions, turnips, and a bunch of sweet herbs. Stew this gently for eight hours; then strain and remove the fat when cold. When the soup is warming for dinner, twenty minutes before serving put in the balls made as follows: Mix half a pound of Matzo flour with 2 ozs. of finely chopped suet and four beaten eggs; season with pepper, salt, ginger, and nutmeg; add a small chopped onion, previously browned, in a dessertspoonful of oil, and make of the whole a paste which is to be rolled lightly into balls about the size of a billiard ball.

Some Passover cakes used in the ceremonial of the first two nights are made very much thicker than the others, and are delicious toasted and buttered. They are called *Mit-zoehs*, and a nice way of cooking them is to soak them in milk, taking care they do not break, and then to fry them in boiling salt butter. This is quite a novelty for breakfast or tea.

There are quite a number of sweet cakes and puddings in which Matzo meal and Matzos form the chief ingredients. I venture to give the following:—

1. Make a stiff paste with the biscuit-powder mixed with milk and water; add a little butter, white sugar, and the yolk of an egg; cut into even pieces, not too thin, mould with shapes or in the hand, and bake in a brisk oven.

2. Mix four beaten up eggs with a pint of warm water flavoured with salt; then stir in half a pound of the meal, half a teaspoonful of milk, and add two or three lumps of white sugar; mix well and bake in a tin.

3. Let 1 lb. of white sugar simmer in a quarter of a pint of water; then pour it hot into a vessel containing eight beaten up eggs. Beat the mixture till cold, and then add 1 lb. of Matzo meal and a little grated lemon peel; bake in small tins or a papered tin, and remove the cakes therefrom while hot.

**MATZO ROCK CAKES.**—Take half a pound each of butter and sugar, a quarter of a pound each of the sifted meal and of currants, the rind of a chopped lemon, and 2 ozs. of ground almonds; mix well together, and then make a thick paste by adding four beaten up eggs. If the paste is not thick enough, add more of the meal. Break the paste into rough pieces, and put them on a tin to bake. Stick a few pieces of blanched and split almonds in each rock.

**PASSOVER FRITTERS.**—1. Make a smooth batter of a teaspoonful of meal finely sifted with beaten eggs, sweetened with white sifted sugar, add grated lemon peel and a spoonful of orange-flower water. Fry to a light brown. The flavour

may be varied by the addition of a little almond flour or finely chopped almonds.

2. In the batter made as above dip thin slices of apple; fry and arrange neatly in a dish. then sprinkle with cinnamon powder and sifted sugar.

3. Drop a batter (made as in 1) into a *soufflé* pan, fry it lightly, and strew it over with sifted sugar, cinnamon, and finely chopped almonds. Hold this over a salamander to brown the upper side, slip it on to a hot dish and fold it, then pour clarified sugar over it.

4. Make a thick batter with matzo meal, beaten eggs, crushed sugar, ground almonds, chopped lemon peel, and currants; flavour with cinnamon and allspice. Put a frying-pan with dripping on the fire, and when the dripping melts place in the batter in large lumps, as round as possible, and fry to a rich brown. This may be served dry or with a sweet sauce, flavoured with wine or shrub.

**MATZO PUDDING WITH APPLES.**—Soak three biscuits and squeeze the water out well; cut up three good-sized apples in small, thick pieces; take 2 ozs. each of currants, stoned raisins, and melted fat, some chopped lemon peel, and a quarter of a pound of moist sugar. Mix all well together with a sufficient quantity of beaten eggs, place it in a greased dish, and bake in a good oven. The pudding may be boiled if preferred, and served with wine sauce, or sauce flavoured with rum or shrub. Lemon juice should always be put in such a sauce.

A simpler pudding is made of equal quantities of matzo meal and chopped suet, with half the quantity of currants and raisins, an ounce of candied peel, spice and sugar mixed with beaten eggs into a stiff batter. This can be served boiled or baked, as the above.

**RUM AND MILK PUDDING.**—Mix a cupful of the meal with two beaten eggs and a little milk; add 3 ozs. of sugar, 2 ozs. of warmed butter, a little chopped lemon peel, and a tablespoonful of rum. Pour this mixture into a mould and either boil or bake.

One of the most favourite Jewish puddings, which is used both at Passover and other times, and forms a very suitable dish for party suppers, is the almond pudding, of which the following is the recipe.

Take twenty eggs, of six of which the yolks only are to be used; beat them till they froth with two tablespoonfuls of orange-flower water. While still beating, pour in slowly 1 lb. of ground almonds, 2 ozs. of bitter almonds ground, and 1 lb. of sifted white sugar. When thoroughly mixed, place in a greased dish, place a greased paper over the top, and bake in a brisk oven. When done the pudding should be of a deep yellow, or light brown on the top, and when removed from the dish the under parts are yellow. The quantity named will make two moderate-sized or four small puddings, which may be served either dry, with powdered sugar strewn over the top, or with clarified sugar flavoured with orange-flower water. The six whites left over from the eggs may be utilised to clarify sugar, which is done by taking the proportion of 1 lb. of sugar to half a pint of water with the whites of two eggs and boiling it up twice, after which it is put aside for the impurities to rise, and then skimmed carefully. With regard to the almond-flour, it may be observed that the best ground almonds may be bought at Jewish grocers', and in 1 lb. of sweet ground almonds 2 ozs. of bitter are included. As this is the proper proportion for the almond pudding, when such flour is used there is no need to add bitter almonds, as in the above recipe.

**DR. FORDYCE**, the distinguished English surgeon, ate but one meal a day, which he took regularly at Dolly's Chop House (recently destroyed by fire) at four o'clock, when he feasted on a pound and a half of rump steak, half a broiled chicken, a plate of fish, a bottle of port, a quarter of a pint of brandy, and a tankard of strong ale.

**POPE**, who was an epicure, would lie in bed for days at Lord Bolingbroke's, unless he were told that there were stewed lampreys for dinner, when he rose instantly and came down to the table.

**DR. JOHNSON** was partial to new honey and clotted cream, and all his lifetime had a voracious attachment for a leg of mutton.



## ECCENTRIC COOKERY.

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We may have much to say on this point in the future, but shall confine ourselves now to a very singular form of this eccentricity forced on by stern necessity. It is recorded in a curious pamphlet called "The Besieged Cook; or, the Art of Living in a Besieged Town." It is written by one who went through the horrors of the Siege of Paris. He tells us that the recipes were collected by an intelligent practical housewife, whose experience enabled her to make the best of all the old dishes, and who knew how to utilise the new materials brought into use by the necessities of war.

To supply a besieged city, and a city so vast as Paris, with the means of adding to its alimentary resources was to give it the most important defensive arm. To fight is well; to hold on is better. All through hunger was the most dangerous enemy. "Paris," says the writer—"that city of heroism and great resolutions—quickly understood that to oppose hunger was the best of defences. It therefore bowed to all those sacrifices, of all the most painful, habit and prejudice. Yes, nothing could be more admirable than its enthusiasm, its patience, its tenacity under arms during a Polar temperature: this grand *consommateur*, this delicate *gourmand*, this *blasé* eater, became sober, indulgent, contented. It eagerly accepted new, strange dishes; it knew how, with its peculiar talent, to prepare them and fit them for table—so much so that some will remain in the cookery book.

"During the almost general hecatomb of all created animals, which were sacrificed on the altar of our country, we may mention oxen, sheep, and pigs, which lasted until the 22nd of November; the horse, man's resolute and ardent ally on the field of battle, was the best and most delicate food when so applied; the dog, that faithful friend, long the companion of our joys, supplied flesh both agreeable and healthy; the cat, gracious domestic pet, which, however, did not wait for the Siege to supply us with food—it had taken the place of rabbit; the rat, that parasite of our homes, also adorned our tables. But little did any one suspect that dromedaries, the light ships of the desert; that antelopes, the beautiful and elegant animals of the oases; the elephant, that living mountain of African forests, and others, which we had for years visited in the Garden of Acclimatisation and the Jardin des Plantes, would one day appear on our tables as welcome entrees.

"Our easy-going stomachs," he says, "became museums; but could not, alas! preserve the valuable collections." Before entering into particulars it may be as well to give a list of prices during the Siege.

One beetroot, 4 frs.; one carrot, 6 frs.; one cauliflower, 5 frs.; one cabbage, 6 frs.; half a pound of cabbage leaves, 1 fr.; one head of celery, 2 frs.; one endive, 1½ frs.; one turnip, 1 fr.; a quart of onions, 4 frs.; one leek, 5d.; a bushel of potatoes, 24 frs.; one quart of dry haricots, 5 frs.; one tin of preserved peas, 5 frs.; one tin preserved green haricots, 4 frs.; half a pound of bacon, 10 frs.; half a pound of ham, 45 frs.; half a pound of fresh butter, 40 frs.; one fresh egg, 2 frs.; one horse pudding sausage, 1 fr. 50 c.; a turkey, 125 frs.; a goose, 85 frs.; a fowl, 40 frs.; one hare, 65 frs.; one rabbit, 40 frs.; one duck, 35 frs.; one pigeon, 8 frs.; one crow, 3 frs.

After the Siege the author asserts that the ass, that patient and indefatigable servant of the poor, must, by the delicacy of its flesh, become the favourite of the rich. Its meat is firm, close-grained, and pleasing. Much more fine and delicate than beef, it can be cooked in exactly the same way.

One great source of sustenance was barley broth, until then only known in certain provinces, such as Brittany and the Limousin. It proved agreeable, digestive, and nourishing. The barley was soaked twelve hours, a tablespoonful for each person, and was then cooked slowly for four hours. Salt and butter were added to taste, or milk and sugar. With meat gravy or stock it was found an admirable soup. Ground corn was used in the same way. Another similar dish was made from maize. To boiling water was added salt; then Indian corn flour was sprinkled in, stirring the whole with a wooden spoon all the time until the batter

was firm. It was then allowed to cool, when it was cut up and fried in grease or butter. The same was done with ground rice, only to flavour it orange-flower water (a teaspoonful) or lemon juice was added.

Soup, the favourite food of peasants and soldiers, is considered in France the most modest, healthy, nourishing, and cheapest aliment in existence. Soup may be made with butter, bacon, dripping, &c. We give a few specimens of Siege soup. *Soupe à l'ail*.—This was made by cutting thin slices of bread into a soup tureen, to which was added olive oil, onions, pepper and salt. On this boiling water was thrown a clove of garlic being scraped in for each person. To make onion soup, some butter or fat was put in a pan; into this onions were sliced, and the whole fried. A pinch of flour was added. As soon as the whole was brown, salt and water were added. After five minutes' boiling, the whole was poured over slices of bread. Onion soup without onions was made by frying bread brown in a pan, and pouring water over this and some more slices of bread.

Extract of meat soup was made by boiling some preserved vegetables in salt and water. Just before taking up and pouring over the bread a small spoonful of extract was added. *Juienne* soup was made as follows:—The housewife shredded some carrots, turnips, leeks, celery, onions, &c. This was half cooked, with butter, or dripping, and salt; then it was slightly watered. It was then cooked slowly, with sufficient water. Rampart soup was made by putting slices of bread in a saucepan, with a little wine and water. As soon as it was thoroughly warmed sugar and cinnamon were added.

Coffee and chocolate, the favourite beverage of the Parisian people—indispensable aliments, in fact—were before the Siege cooked with milk, but during the war oatmeal gruel was substituted. It was found to be, when well cooked and thick, both refreshing and substantial. Chocolate à l'eau de gruan was found to be an excellent food for old people and children.

Amongst miscellaneous dishes were preserved mushrooms, which were steeped in warm water to enlarge them. A tart dish was then buttered or oiled or larded, and to this was added scrapings of bread, salt, pepper, parsley, and a clove of garlic, shallot, or onion. The mushrooms were spread over all, and cooked half an hour in a closely-fitting saucepan. In other cases they made a *roux* (or browning) with oil or fat, pepper, salt, a bouquet of herbs, the whole being dashed with a little wine.

Cat was an important dish. The enthusiastic author says: "This animal, the ornament and companion of the garret, the happy favourite of the elegant salon, became during the Siege the most sought for and the rarest of aliments. Its flesh is white, fine, and delicate. Before, however, it is eaten it wants to be kept forty-eight hours. You can make a ragout of it as you would of hare, or roast it." To roast cat we are told to put it in a saucepan with butter, lard, or dripping, onion, garlic, pepper, salt, bunch of herbs, and a wineglass of wine or gravy; cook slowly, and serve. After taking out the joint, cook in the gravy some boiled potatoes cut in slices, or carrots, mushrooms, &c.

Horse is the next. This noble companion of man, after having served his vanity and his pleasure, and after helping him in his arduous labours, became to the besieged of Paris their most important resource, their greatest power of resistance. "Horseflesh is very much like beef in appearance and taste," says the French author, "and well cooked it is difficult to discover the difference, and, if anything, it is to be preferred to beef." With all due deference to the son of Gaul, the writer of the article has tasted both, and his prejudice is slightly in favour of beef.

As a general rule, before using horseflesh it should be kept thirty-six hours to make it tender, and even should be put in a marinade of vinegar, rum, oil, onions cut fine, salt, pepper, with a clove of garlic. *Pot au feu de cheval* was made by taking what the French law of fixing the price of meat calls meat of the second category (flank, skin, neck), and putting it in cold water. This was cooked over a slow fire, and before it boiled the scum and grease were removed as they arose. To this was added a clove

of garlic, a burnt onion pricked with cloves, some colouring matter, and vegetables, such as leeks, turnips, celery, cabbage, &c. All this was cooked for seven or eight hours on a very slow fire. If meat was not to be had they used bones, taking care to remove the oil as it arose.

Horse was cooked in many other ways. One was *cheval au Mireton*. To do this, the cook took some onions cut up small, which had to be fried in butter or dripping or a spoonful of oil; when they were nearly cooked he added a pinch of flour, and mixed the whole until it was of a brown colour. It was then wetted with stock or white wine, salt and pepper being added. Some onions were then perfectly cooked, and added. If anybody liked the sauce to be very warm, a little mustard and vinegar was added. Nothing could more thoroughly explain the French character than this insistence on petty details.

A favourite dish with French people is, and was then, something *au gratin*. To make horse *au gratin*, garnish a tart-dish with butter or dripping, shake over this a lot of bread-crumbs, and over this they put chopped onion, parsley, garlic, salt, pepper, and spices; over this was spread slices of *bouilli*, which were covered with the same chopped vegetables, &c. This was all damped with water or gravy, and cooked over a slow fire, and then browned with a salamander or in an oven. When convenient, a small glass of rum or white wine was added.

To produce *cheval à la Parisienne*, the cook took horse's oil, and heated it. To this was added boiled horse in slices, salt, and pepper. As soon as this was half cooked it was wetted with stock and parsley, and shallots and vinegar were added. For *cheval à la mode* the housewife took a bit of the best horseflesh, hung till tender; she then larded it with bacon or horse fat. This was then placed in a pan with onions, carrots, a bouquet of sweet herbs, laurel, thyme, garlic, cloves, salt, and pepper. Upon this a glass of water was poured, with a tablespoonful of brandy. The whole was cooked slowly for five or six hours, then, the grease being removed, it was served hot. A ragout of horseflesh was made thus:—A small quantity of butter or fat was put in a frying-pan and browned. To this was put either fillet or undercut, tongue, heart, brains, the whole cut up small. This was partially fried, then floured, and a glassful of wine added, as well as some water or stock, with herbs, pepper, salt, and chopped garlic. When half done a lot of onions were added. A haricot of horse was made of inferior joints cut up. After being fried the meat was taken out, and browning (*roux*) made, both water and stock being added, also more salt, pepper, herbs, garlic, and parsley, chopped; the meat was then put back with potatoes, carrots, and turnips, and then was slowly simmered over a fire until it was fully cooked.

The fillet, or horse steak, before being cooked, was put in a marinade of salt, pepper, vinegar, white wine or rum, and a clove of garlic cut up. The flesh was cut about half an inch thick, all sinews and fat being removed. It was put on a quick fire and only turned once, no fork being used, so as to keep the gravy in; it was then put upon a plate, where there was a pat of butter or horse fat, with herbs, pepper, salt, and wine, vinegar, or lemon juice. A horse steak *aux pommes* was simply made by adding fried potatoes.

Horse or asses' brains were both prepared the same. They were first washed in tepid water, and then soaked in cold water for an hour; they were then cooked in stock, and seasoned with vinegar, salt, pepper, cloves, a laurel leaf, thyme, garlic, parsley, green celery, and carrots sliced. Three-quarters of an hour was enough. When it was cooked it was divided in two, and served on a dish with black butter sauce, or with a *roast* of fat, very much browned. Brains fried was a dish much esteemed.

Dog was hung forty-eight hours, and then, says our author, it was difficult to tell it from mutton, either in look or taste. If put in a marinade for the same time, it tasted like kid. Properly distributed, it might have been a great resource, but public feeling was against it. A *gigot*, or leg of dog, was hung four days, and then put in a marinade, a clove of garlic being put under the knuckle. It was cooked before a good fire, and well basted with the marinade



and gravy. Chops were cooked the same as horse steak.

Rat's flesh, says the writer, had to be used with great discretion, in consequence of the germs of trichinosis often found in the body of the rodent, which often proved as dangerous when cooked as it was a nuisance when living. It was always well cooked and dosed with spices.

## WOMAN IN THE HOUSEHOLD.

—:o:—

### RULES FOR MARKETING.

THERE are a few hints respecting the selection of articles in market, particularly meat, fish, and poultry, which may be of service to some of our readers.

In purchasing beef, take notice of the colour. The lean will be a bright red, flecked with spots of clear white fat, and suet firm and white. If the fat be yellow, don't buy the meat: you may be sure it is stale.

Veal should be fat, fine-grained, and white. If too large it will be tough, unpalatable, and unhealthy.

Mutton.—In selecting mutton seek small bones, short legs, plump, fine-grained meat, and be sure that the lean is dark-coloured—not light and bright red like beef. The fat should be white and clear. When in what is called a prime condition it is too fat for ordinary mortals.

Lamb should be small, light red, and tender. If not too warm weather, it ought to be kept a few days before cooking. It is stringy and indigestible if cooked too soon after killing. Neither lamb nor veal should be taken from the spit or oven until the gravy that drops from it while cooking is white.

Venison.—In good venison the fat will be clear, bright, and thick. If the cleft of the haunch be smooth and close, it is young; if close and rough, it is old. By running a sharp, narrow knife into the shoulder or haunch one can easily learn its state by the smell.

Pork.—Great care must be taken in buying pork. If ill-fed or diseased, no food is more injurious to the health. The lean must be finely grained, and both fat and lean very white. The rind should be smooth and clear to the touch. If clammy, be sure the pork is stale, and reject it. If the fat be full of small kernels it is indicative of disease.

Poultry.—The skin of turkeys and fowls ought to be white and of fine grain. See that the breast is broad and full-fleshed. Examine if the legs are smooth; toes supple, and easily broken when bent back. If these signs are not found, the poultry is too old or stale. The same rule applies equally to geese and ducks. When the feet are red and hard, the skin coarse and full of hairs, all poultry may be pronounced too old for use.

Fish.—No article of food requires so much attention and judgment; because nothing else, unless it be pork, is so injurious—often fatally so—if stale or out of season.

The eyes should be bright, not sunken; the gills a clear red, not dark colour; the body stiff, the flesh firm, not flabby or slimy. Chloride of lime, it is said, will restore fish to a good condition; but we would not recommend any compromise. "Better is a dinner of herbs," and good bread and butter, than a stale fish renovated, and severe illness produced thereby. The taste may be restored in a manner, but the fish cannot be rendered healthful.

A good turbot is full-fleshed, thick, and the under side a yellowish white or cream colour. If it be a bluish tint and is soft, then it is not good.

Salmon and cod are known, when perfect, by a small head, thick shoulders, and small tail. The scales of the salmon should be bright and the flesh red. It is perfect only when dressed as soon as caught.

Cod should have white, clear flesh, and grow even whiter after boiling, and be firm and sweet, easily separated in large flakes.

Herrings, mackerel, and whiting should be very firm indeed.

Lobsters, prawns, and shrimps should be very stiff after they are boiled, and the tails turn far inward. When they relax, and are soft and watery, they are not in a fit condition for eat-

ing, and the smell, when at all stale, is sufficient proof of their unfitness. If bought alive, judge of their condition by their weight and sprightliness.

The male lobster is the best, unless wanted for sauces or soups; then the female is usually chosen for the corral.

Oysters are not good unless they close firmly on the knife when being opened. If they can be opened easily, or open themselves in the least, they should be rejected.

### RINSING CLOTHES.

There is generally more carelessness in rinsing clothes than in any other part of the laundry work. The soap may be perfect, the streaks and spots fairly rubbed; but if the articles are thrown into the rinsing-tub, barely covered with water, and hastily passed through it, no laundress need look for any great credit for her labour.

The rinsing-tub should have a generous supply of water. The blue, not a great deal, should be carefully stirred in, and not many pieces at a time. Each article needs to be vigorously shaken up and down in the water, and fully opened, that the water may flow freely through every part. Then, having passed it through the wringer, shake it out and hold up to the light, to be sure that all spots or dirt are removed. "Put no piece into the basket just as it comes twisted out of the wringer, but shake it out, and pass at once into the second tub of fresh, slightly blue water, to be again rinsed with the same care and thoroughness. If there are tubs enough to spare for the last rinsing, it is well to leave clothes soaking in them till all the white clothes have been passed through the first rinsing water. Then in the last rinsing be sure and leave nothing in the "twist" from wringing, but shake out each piece before throwing into the basket, and hang out as soon as the basket is full. Clothes should be on the line as quick as possible after the last wringing, or there will be danger of some yellow streaks.

If possible, clothes should be dried in the open air; but if very windy or freezing they ought not to be starched till they have been dried and brought into the house.

### WASHING OIL CLOTHS.

There is much complaint of the poor quality of the oil cloths of the present time.

"Why, my mother's oil cloths never lost colour or wore out; but mine are so poor and the colour so bad that I am quite discouraged."

Let us ask a simple question, or two—Who washed your mother's oil cloth, and how? Who takes care of yours, and do you know how it is done?

We imagine we see where the trouble lies in part, though we confess we do not think that all oil cloths are as durable as those made twenty years ago.

In "olden times," whoever did the work, the mistress took care that no soap, no hot water, or scrubbing brush was used on her oil cloths, and she saw also that when washed they were wiped perfectly dry.

If soap or water is used, or if they are left wet, they soon crack and the paint peels off.

Some servants imagine that they cannot clean an oil cloth without a pail of strong, hot suds and a good stiff scrubbing brush. Then she puts to her work all the strength of a strong, healthy arm, and smiles with satisfaction at the result of her labours. No doubt for a few moments, until the cloth is dry, the colours stand out clearly and the floor looks fresh and brilliant; but it takes a few of such scrubblings to destroy the best oil cloth ever made.

Take a pail of clean, soft, lukewarm water, a clean, soft piece of flannel, wash your oil cloths, and wipe them very dry, so that no drop of water is allowed to soak in and rot the fabric, and you will have little cause to complain that they wear out so much faster than your mother's—provided you selected cloth of good make.

After washing and drying if a cloth is wrung out of a dish of skim milk and water, and the oil cloth is rubbed over with this and again well dried, the freshness and lustre of the cloth will repay the extra labour.

### EVERYTHING NEAT AND TIDY.

"Will you please tell me how a woman in

poor health, two or three in a family, and with six cows, can keep things neat and tidy?" asks a correspondent.

We cannot understand how any woman under such circumstances could succeed at all in carrying her burdens if she did not keep everything neat and tidy. Neatness should save work, not increase it. With a place for everything and everything in its place, and well cleaned before it is put there, one can turn off much more work, with far less fatigue, than if each article used was thrown aside anywhere, to be searched for when wanted, and cleaned before it could be again used, consuming in the search more time than to do the work for which it was wanted. Every housewife knows that if an article is set aside uncleaned it will take more than double the time to get it into proper condition when next wanted than if it had been immediately cleaned after using.

Knives, forks, spoons, plates, and dishes are difficult to clean if left unwashed till the remains on them get hard and thoroughly dried.

After making bread or pastry the bread-board and rolling-pin can be made spotlessly clean in less than five minutes if done immediately; but set them aside for an hour or two or until next day, and you will find that it will take time and strength which you can ill afford to waste to get them in working order again; or if used unwashed—and we have known such cases—your bread or pastry will reveal the carelessness.

Just so with paint, floors, windows, and every kind of work.

If you let them pass day after day, until dust and dirt accumulate in every direction—for these are industrious workers—by-and-by, from regard to your own comfort and convenience, you must take a day, perhaps two or three, to repair the damages; and it will be hard work and a great waste of time. Whereas a few minutes' dusting and sweeping, or use of a clean cloth every day, will easily conquer dust or dirt, moth or rust, and you will find far less fatigue in the operation.

We mention these things merely to serve as examples. The same method carried into all of your work will save your time and strength, and yet enable you to keep everything neat and tidy.

(To be Continued.)

## THE DOG.

—:o:—

The lion dog owes its name to its fancied resemblance to the king of the beasts, and is a cross between a poodle and the Maltese dog. The water spaniel is of moderate size, measuring twenty-two inches in height at the shoulders, and proportionately stout in make. The ears are long, measuring from point to point rather more than the animal's height. Its feet are very broad, and the coat is supplied with such a profusion of hair that it never becomes saturated, and no weather, be it ever so rough or boisterous, can daunt its water-living propensities. The water spaniel is not an animal we should advise anyone to have in the house, for his waterproof qualities, should he happen to approach the fire, causes him to smell very unpleasantly.

We may as well tell the following story, as it has just come into our mind:—A dog of aquatic turn of mind, by name Rover, followed the profession of a beggar—that is to say, he solicited the charity of the sympathising passers-by. It was his habit on receiving a halfpenny to proceed to a baker's shop and purchase a biscuit, but very often the supply of coppers would be more than adequate for his appetite, and being a sagacious and far-seeing animal, and perhaps having the old adage in his mind, would save them up for a rainy day. This dog chanced to enter a room one day in which he had concealed his little hoard, fivepence halfpenny in all, and found a servant of his master eyeing the money. Giving a loud growl, Rover dashed to the spot, snatched at his wealth, and made straight for the baker's shop, rushed the money on the counter, and expended it all in biscuits. From that moment he never saved up again, thinking it better to turn his money into something eatable than run the hazard of being robbed.

The Cocker spaniel is a small animal, weighing from ten to twenty pounds. Captain Williams, in



his "Oriental Sports," records an instance of rash courage on the part of these dogs. It is a brave little creature, and even the enervating Indian climate does not subdue its courage—a climate which often reduces the stubborn bulldog to a mere poltroon.

"I was shooting near some underwood, rather thinly scattered among reedy grass," says Captain Williams, "growing on the edge of a large water-course, which took its rise from the foot of a large hill at Muckun Gunge, when suddenly a fine brace of Cocker spaniels I hunt with ran round a large bush greatly agitated, and apparently on some game which I expected to put up.

"I followed as fast as I could, but Paris, which was the dog's name, was too quick for me, and before I could get round the bush, which was about ten yards from the bank of the ravine, had come to a stand, his ears pricked, his tail wagging like lightning, and his whole frame in a seeming state of ecstasy. I expected that he had got a hare under the bank, and as the situation was in favour of a shot, I ran towards him with more speed than I should have done had I known that instead of a hare I should find, as I did, a tiger sitting down and staring Paris in the face. They were not about two yards asunder.

"As soon as the dog found me at his side he barked, and, giving a spring, dashed at the tiger. What happened for some moments I really cannot say; the surprise and danger which suddenly affronted me banished at once the presence of mind which many boast of to possess in all emergencies. I frankly confess that my senses were disordered, and that the tiger might have devoured me without my knowing a word of the matter. However, as soon as my fright had subsided, I began, like a person waking from a dream, to look about, and saw the tiger cantering away at about a hundred and fifty yards distance, with his tail erect, and followed by Paris, who kept barking; but when the tiger arrived at a thick cover he disappeared.

"I had begun to compose a requiem for my poor dog, as I saw him chasing the tiger, which I thought would turn about and let Paris know that he had caught a Tartar. Though Paris had brought me to the gates of destruction, he had certainly saved me. I felt myself indebted to him for my preservation, and consequently was not a little pleased to see him return safe."

The terrier is a small, thick-set dog, of which there are two kinds—one with the legs short, the back long, and most commonly of a black or yellowish colour mixed with white; the other of a more sprightly appearance, with the body shorter, and the colour reddish-brown or black. In both the disposition is nearly the same. It has an acute smell, is generally an attendant on every pack of hounds, and is very expert in forcing foxes out of their coverts.

The English terrier is not a large dog, for it seldom weighs more than ten pounds. It has a smooth coat, is square chested, and its forelegs are well developed. Its eyes are large, bright, and intelligent, its forehead high, its jaw strong and muscular, and its muzzle tapering.

The colour of the pure bred is black and tan. It is able to make a deep burrow in a very short space of time, and in digging drags away the stones with its mouth.

It cannot be called a very courageous animal, for it is seldom found to attack a rat openly. However, it is very useful in rooting out the rodent, and as long as the rat runs it will run after it; but if the pursued animal is brought to bay and shows fight then the terrier will at once beat an ignominious retreat.

The English terrier, unlike the bull terrier, cannot be judged from a fighting standard. The courage and endurance of this little animal is so great that it will allow several rats at one time to cling upon its lips, but a bull terrier of the genuine sort has never been known to give up the attack, for fear seems to make no part of a good bull dog's character. The eyes should be black, small, and sparkling; the skull should be long and flat; the nose large and black, and the jaws long and powerful. The legs should be long and muscular.

"One of the highly-bred animals," says Ward, the Naturalist, "was celebrated in the sporting world under the title of Tiny, weighing only five pounds and a half, and yet was known to kill fifty rats in twenty-eight minutes and five seconds. It is estimated that this dog must have killed more than five thousand rats, the aggregate

weight of which nearly weighed a ton and a half. He would not be daunted by size or numbers, and was frequently matched against the largest rats that could be procured. A very little of the bull-dog blood goes a long way, and it is from that source that it inherits its stubborn courage, and contempt for physical suffering."

We do not recommend this dog for a lady's pet, but he is a most suitable companion for a man, being a very well behaved and cleanly animal in the house.

We are indebted to the *Standard* newspaper for the following story:—

"I met two or three wounded, but in a fair state of convalescence, limping about slowly," says a war correspondent who went through the Franco-German war. "One of these men had a little dog, an iron grey terrier, unmistakably English, following at his heels, but only on three legs. If the story the man told me is to be believed the dog had been the means under Providence of saving his master's life.

"He had been struck by a ball in the chest, near Ham, and lay on the ground for six hours after the fighting was over. He had lost consciousness, but the blood was flowing freely, and he was gradually getting weaker and weaker. There were none but the dead near him, and his only living companion was the English terrier, who prowled restlessly about with his master's képi in his mouth.

"At last the dog set off at a trot, and the wounded soldier made sure that his only friend had deserted him. The night grew dark, the cold was intense, and he had not even the strength to touch his wounds, which every instant grew more and more painful. At length his limbs grew cold, and feeling a sickly faintness stealing over him he gave up all hope of life and recommended himself to God.

"Suddenly, and when it had come to the worst, he heard a bark, which he knew belonged only to one little dog in the world, felt something lick his face, and saw the glare of lanterns. The dog had wandered for miles until he had arrived at a roadside cabaret.

"The people had heard the cannonading all day, and seeing the képi in the dog's mouth, and noticing his restless movements, decided to follow him. He took them straight to the spot—too straight for a little cart they had brought with them to cross fields and hedges—but just in time.

"There were honest tears in the man's eyes when he was telling me, and I fully believed him. The dog, too, had been slightly touched in the leg by a ball in the same battle, and had since been lame. He got him when a puppy from an English sailor at Dunkirk, and called him 'Beel,' very probably the French for Bill."

It was necessary to confine a little terrier bitch on account of distemper. The house of detention was constructed of open bars, and shortly after the dog was placed in durance a bantam cock gazed compassionately at the inmate. At last the bantam contrived to slip through the bars, and scarcely forsook the prisoner's cell for its daily food, and when it did the dog became uneasy. As the dog became worse so did the bantam's attentions redouble. Nestled closely side by side did this curious pair pass some days, till death put an end to the poor dog and this singular friendship.

A lady some years back had a Scotch terrier, which always accompanied her in her rides, and was also in the habit of following the carriage to church every Sunday morning. One summer the family were from home several weeks, the dog being left behind. The latter, however, continued to come to church by itself for several Sundays in succession, galloping off from the house at the accustomed hour so as to arrive at the time of church commencing. After waiting in the churchyard a short time, it was seen to return home quiet and dispirited.

The distance from the house to the church was three miles, and beyond that at which the ringing of the bells could be ordinarily heard. This was probably an instance of the force of habit, assisted by some association of recollections connected with the movements of the household on that particular day of the week.

A gentleman had a favourite dog which generally slept in his room. He was in the habit of reading in bed with a candle near him. The newspaper had fallen on the candle, and that set fire to the curtain. He was aroused by the dog scratching him violently, and was thus in time to

call for assistance, and save the house from being burnt down.

The poodle is a very intelligent dog, and can be taught many accomplishments, if his master takes the trouble to do so. There is no dog so ready and willing to learn as the poodle, and in the most difficult accomplishments he goes far beyond all other dogs, for he will do anything to win the approbation of his master.

The foolish and cruel practice of shaving the poodle cannot be too greatly condemned, and the poor animal seems to know how ridiculous he looks when he walks along, his body stripped of its fine coat, and but a ruff left round his legs and neck.

There was a certain student in Heidelberg who had a remarkably fine white poodle that used daily to accompany his master to the lecture-room of a professor, who was not very remarkable for the distinctness of his vision. He would regularly take his seat upon the bench beside his master, and peer into his book as if he understood every word of it.

One wet day the lecture-room, never at any time remarkable for its fulness, was deserted, save by the student who owned the poodle. The dog, however, had somehow remained at home.

"Gentlemen," said the short-sighted professor, as he commenced his lecture, "I am sorry to observe that the very attentive student in a white coat, whose industry I have not failed to observe, is, contrary to his usual custom, absent to-day."

The barbet is of the same class as the poodle, only smaller in size, and possessing all the intellectual powers of its larger relative. A friend of Mr. Jesse gave this account of a dog he once had:—

"Many years ago I had a poodle who was an excellent retriever. He was a small, middle-sized, active dog, a first-rate water animal, with a nose so particularly sensitive that no object, however minute, could escape its delicate investigation.

"Philip was the handsomest animal in the world. No sea could prevent him from carrying a bird through the boiling breakers, and I have seen him follow and secure a wounded mallard, although in the attempt his legs were painfully scarified in breaking through a field of ice scarcely the thickness of a crown piece. Philip, though of French extraction, had decidedly Irish proclivities, and no matter with what labour and constancy he had returned from retrieving he still enjoyed a glass of punch. When he had drunk it he was in high glee, running round and round to try and catch his own tail, and even then allowing the cat to approach, which he was by no means disposed to do any other time."

(To be Continued.)

## A DINNER AND A KISS.

—O:—

"I HAVE brought your dinner, father,"

The blacksmith's daughter said,  
As she took from her arms a kettle  
And lifted its shining lid.

"There's not any pie or pudding,

So I will give you this,"  
And upon his toil-worn forehead  
She left a childish kiss.

The blacksmith took off his apron

And dined in happy mood,  
Wondering much at the savour  
Hid in his humble food.

While playing about him were visions

Full of prophetic bliss;  
But he never thought of the magic  
In his little daughter's kiss.

While she, with her kettle swinging,

Merrily trudged away,  
Stopping at sight of a squirrel,  
Catching some wild bird's lay.

And I thought how many a shadow

Of life and fate we would miss,  
If always our frugal dinners

Were seasoned with such a kiss.—Anon.

FRANKLIN at one time contemplated practising abstinence from animal food; but, having seen a cod opened which contained some small fish, said to himself, "If you eat one another, I see no reason why we may not eat you." He accordingly dined on the cod with no small degree of pleasure.



# Fireside Novelettes.

—o:—  
REUBEN LEIR.  
—o:—

## CHAPTER I.

A ROAD winds beside green hills, and is carried terrace-like across a valley leading to the sea. A village is scattered along this road in unsociable fashion, two or three cottages at a time, with a space between the groups, as if the inhabitants of the little cob-walled, thatched dwellings were too quarrelsome for nearer neighbourhood.

Not quite a mile below the road the sea shows in a large, opal triangle against the pale sky, and on each side high cliffs, wooded and grass-grown, guard the shingled entrance to Mercombe Mouth. Three valleys from among the green hills unite to form this one, which leads to the sea, and through this a river winds in and out, bordered by ash trees, and gleams from among them like a silver thread.

The village smithy is on the side of the road next the hills. The cottage belonging to it is larger than most of the others, with a quaint, tall, stone chimney rising from the ground, on which, carved in the stone, is the date 1573. The cottage stands at right angles to the road, with a garden in front and an orchard with flower-laden apple-trees behind. For the last fortnight the whole village of Mercombe has been like an exquisite pink-and-white nosegay.

Mrs. Leir, standing at the back door of the ancient cottage, looks complacently at the garlands of exquisite blossom, relieved by the yellow-green grass beneath, and predicts a good cider year for the county. For a few minutes the mental prediction has brought smiles to the firm, wrinkled mouth, but this fades, and heavy care contracts her clear, brown forehead, and makes her eyes look sad. She is always too anxious in expression, but to-day she looks miserable. Though she is above middle height, she seems short as she stands bowed down beside the old stone trough, at one end of which two black pigs are feeding, while a jackdaw hops at the other end with so humorous a twinkle in his eye (he keeps one closed) that you almost fancy he is thinking of tickling the pigs with the straw he holds in his beak. The ground between the house and the trough is soft and swampy—stamped with the frequent tread of pigs, and dog, and cat, and fowls. Three black-and-white ducks have paddled up and down it this morning so often with their broad, yellow feet that water oozes up in one corner and forms an inky pool, at which they drink with seeming delight. But when, after this feat, they come waddling to the broad, flat stone in front of the back door, Mrs. Leir rouses from her dreamy mood, and, snatching up the corners of her apron, drives them away.

"I must speak to Reuben," she says, with a sigh, and then passes round the house, through the orchard, and out at the gate in the low, stone fence, to the smithy itself.

It is close by on the road, just divided from the garden by a high hawthorn edge, white

now with blossoms, and filling the air with perfume.

There is no use in describing, for smithies have a family resemblance, but it is not always that the blacksmith's hammer is wielded by such a man as Reuben Leir.

Not handsome, but tall, and strong, and healthy-looking, with a rich, brown hair and beard suggestive of ripe hazel nuts, a frank, amiable mouth, and rather a dreamy, far-off look in his pale blue eyes—you would have said, looking at him, a man with energies that might be roused if some sleeping chord were touched, but one just as likely to plod through life without discovering that he had more wits than his fellows.

He was whistling "Coming through the Rye," and striking ponderous blows on a little bit of iron, that seemed as if it must surely be annihilated and dispersed into the showery sparks that flew up from the anvil.

He left off whistling when he saw his mother. "Tea-time is it, mother? I'm coming," he said, in a strong, cheerful voice.

Mrs. Leir waited till he put aside his hammer and came out of the forge.

"Tea will be ready by time you're ready for

her mother is a Frenchwoman, but Bob Morrison was every bit as much an Englishman as my father was."

He nodded, and walked away quickly. He was very fond of his mother, and this was the first element of discord that had come between them.

"It is always so," he said to himself; "if I loved an angel my mother would cry her down. All mothers are so—they can't give up their sons and daughters."

Perhaps if his mother had heard him, the words would have given her pain. Martha Leir was not an ordinary woman. She was unpopular with her neighbours, because, being better educated, she held herself a little apart; but she had no small, petty jealousies, and if she had thought Rose Morrison likely to make her son happy she would have taken her to her heart at once.

"She will never be content with one man," Mrs. Leir sighed. "Just at first she may be taken up with Reuben, but when the novelty wears off she will flirt, as her mother has flirted before her. Rose has more of her mother than of her father in her. My Reuben is too good for the likes of her, or of any Hookton girl."



"HE WENT ON ALONG THE HIGH ROAD TILL HE CAME TO A SMALL GATE ON THE LEFT."

it," she said; "but I want three words with you first, Reuben."

She went on into the garden again, and her son followed. His head dropped on his chest, and a sort of dogged irresolution showed at the corners of his mouth. When they reached the door he stopped.

"I wish you'd say them here, then," he said, coolly. "I've got one or two things to do this evening."

Mrs. Leir faced around at once. There was a bright, angry spot on each cheek, but there was more sorrow than anger in her eyes.

"Why do you not say out at once, Reuben, that you are going to meet Rose Morrison?"

Reuben looked pained. He leaned against the door-post without answering.

"There is no use in my saying it," she went on, in a hard, unconciliating voice, "but still I must warn you, Reuben. You began by admiring, you went on to talking, and you are getting to love that little conceited French girl in spite of yourself."

Reuben stood upright, and put up his hand to stop her.

"Don't say what you may be sorry for," he said. "I do love Rose, but she is not French;

front, beyond the ash-trees which border the road, the cliffs rise high, and, parting, give a sudden vision of sea so blue that it seems almost too vivid for reality. Reuben has stood for ten minutes waiting near the quarry-opening, but no one comes down the road to meet him.

He went on along the high road till he came to a small gate on the left. The high hedge was cut into an arch above the gate, and through this showed a garden glowing with ranunculus and anemones, and behind a wooden cottage clothed with creeping plants.

A girl in a blue gown, almost hidden by a long white pinafore, was coming up the path that led to the gate, with her hands behind her. Her face was hidden by a straw-coloured sun-bonnet, pushed down over her eyes.

"At last!" Reuben said, reproachfully. The face was quickly raised at this—a pretty, bright, brown face, with laughing, shy, black eyes, a little nose and mouth; and as she smiled white, even teeth showed through the red lips.

"Am I late?" the girl said, carelessly. "Well, it is better that you should be first." Reuben opened the gate, and held it for her to pass out.

"Never mind now you are come," he said;

## CHAPTER II.

HOOKTON is a fishing village just two miles from Mercombe, but much further off than this distance, because of the rugged, ill-made, steep road. There is another road by the cliffs through the landslip, but that is a long way round. The shortest way lies between these two—a steep climb up the face of the cliff, then across fields of young wheat and mangolds, till the path falls into the road again, which hereabouts is more even and level than it is nearer Mercombe. Just a little way on a huge stone-quarry opens on each side of the road, and it is here that Reuben Leir stands waiting. The place is very silent—the quarrymen have gone home to the little wooden cottages that peep out like birds' nests where gaps come in the masses of the cream-coloured stone. Far off in



"but I want a talk with you, Rose. I am worried to death."

Rose gave him a sweet look out of her long, narrow, dark eyes.

"You, poor old Reuben—who worries you?"

"Never mind; the very sight of you seems to make me all right, you dear little girl." Reuben looked up and down the road, and, no one being visible, he put his arm round Rose's waist and drew her toward him.

Rose drew herself away.

"You go on so fast, Reuben! How many times, how many times I have told you that I can't take up with a man whose mother does not even speak to me!"

Reuben sighed.

"Don't you worry too, Rose, darling, or it will seem as if all went cross with me. My mother does not know you. When she does, of course she must love you. Who could help it, my darling?"

He looked tenderly at the girl, but she tossed her head.

"To hear you talk, Reuben"—a bright flush rose in her cheeks, and she played nervously with the long strings of her sun-bonnet—"one would think your mother was the Queen. You do not seem to see any offence in her holding herself aloof from us. Why, everyone comes to see mother, and I should have thought her being home would have served as a reason to Mrs. Leir long ago, if any reason were wanting."

She spoke very angrily, and flung her bonnet-strings wide apart. She had turned away from Reuben while she spoke. He pulled at her pinafore.

"Don't be cross, Rose. I tell you my mother is so good and so loving that she will come round when she sees I can't be happy without you."

Rose turned round and looked at him. Her eyes shone brightly, and her red lip curled with scorn.

"Mr. Reuben Leir, you scarcely seem to know who I am, or who you are yourself. It appears to me that you take it for granted that I am thankful to be your wife; your mother is the only person whose consent has to be asked. Now, I am not going to creep into any man's family! It is your mother's place to seek me; that is the way my mother says such things should be arranged. No; I say good-bye to you, Reuben Leir, until your mother comes to her senses."

She walked slowly back to the gate; but Reuben was too much vexed to combat her resolution. He did not even follow her. Only as the gate closed behind her he gave a sigh that ended in a groan.

"Why is she so winning, or why is my mother so prejudiced? She will not even trust her own eyes. It's past bearing!"

### CHAPTER III.

NEXT morning found Reuben at work early. On the previous evening he had gone home and upbraided his mother with her pride and exclusiveness. "You make my life miserable," he had said; and then Mrs. Leir had looked at him out of her deep, steadfast eyes, and had told him that the girl he loved was a coquette.

"She is too studied in all her ways to live only for you or any man, my boy. She will always want admirers round her."

And upon this Reuben had gone to bed without his supper, and had gone off early in the morning to work at his plot on the land-slip. Looking at the wonderful harvest of all kinds reaped on that bit of land, it is surprising that all has not been blown into the sea or diminished by some fresh rent in the tall, circling cliffs that shelter it north and east, for, although some of the plots are level and screened from the precipitous descent of the beach by hedges wreathed with clematis and dog-roses almost in bloom, some of the potato and wheat plots are almost perpendicular, and cling on to those towering and green-hued cliffs, seemingly at great risk of falling into the sea.

Reuben's donkey-cart is sheltered in a rude shed just at the entrance to the land-slip, and his donkey is tethered near. Far away on the right, through jutting cliffs which spring up here and there among the less cultivated bits among the yellow furze and clustering beneath, a lovely glimpse may be got of the Bay of Sid-

mouth and its far-reaching crimson cliffs; while on the left a bold, chalky headland stands for ward, barring the passage. But for the sea-birds, which disappear between it and the intensely blue sky, one might fancy there was no passage round its sharp outline.

Reuben has been hard at work weeding his crops. He stands upright, takes off his hat and wipes his forehead with a blue handkerchief; then he goes back to his cart and gets a lump of bread and cheese and a draught of cider.

It is his determination to work off his annoyance; he has gone on over-long. He looks out over the shimmering, golden waves, and is surprised to see how nearly the sun has reached them. As he stands gazing at the strange colour of the waves, where broad lines of purple and crimson show as if the fishes had been having fierce battles thereon, he fancies he hears voices below; but the sea gets rougher every instant, and the waves come dashing up against the loose rocks scattered along the beach with so much creaming fury that it is difficult to distinguish sound. But Reuben has caught a laugh he knows by heart, and now, in a pause caused by the retreat of the waves, he hears the laugh answered in a deep man's voice. The rush of the waves is over, they have just gone back to kiss their advancing mates, and then bring them on in triumph to thunder at the foot of the precipice on which Reuben stands—as yet they do not quite reach it, though they send up a shining cloud of empty menace—and, as Reuben leans over the flowery hedge which grows on the dizzy edge, he sees that a space of some feet is still dry. He looks onward along this path. At some distance half-way between him and the headland are two figures—the girl is Rose, and her companion is a tall French fisherman, named Jacques Gaspard. He is a stranger, who has been staying at the inn at Hookton for a fortnight past; he spends his money freely, and is popular among the rougher fishermen, but the quiet ones avoid him, and tell one another that he is either a smuggler or a spy. "No good either way"—"Confound him!" Reuben frowns heavily, and leans still farther over the hedge, watching the pair. "She knows no better, poor little thing; but Gaspard's not a fit man for a girl to trust herself alone with." He leaned over, watching eagerly. Just at this moment Gaspard stopped, looked back, and Reuben imagined that he saw triumph in his face. A path led up the sheer face of the cliff at this point, and the Frenchman, seeing the water already dashing against the face of the headland, seemed to be persuading his companion to try and mount it. Reuben saw his intention. "Come back, Rose, come back!" he cried, but his words were thrown back to him by the furious wind. Rose seemed to be tying her bonnet more firmly on her head, and then she turned to mount the cliff; but she was evidently fearful; she clung to Gaspard's arm, and presently he unclasped her fingers and put the arm firmly round her waist.

At this sight Reuben lost his wits. He leaned over the hedge and stretched out both arms, as if he thought to reach Rose.

"Rose—Rose—come back!—ah—" There came a crash, a frantic scrambling sound, and Reuben disappeared from the land-slip.

(To be Continued.)

ÆSOPUS, the actor, who was to Cicero what Quin was to George III., was as great an epicure, in his way, as Quin himself. It is related of him that one day he dined off a costly dish of birds, the whole of which, when living, had been taught either to sing or speak. He was as fond of such a dish as Quin was of mullet, for which, and for some other of his favourite *morceaux*, he used to say that a man ought to have a swallow as long as from London to Botany Bay, and a palate all the way. When the fish in question were in season, his first inquiry of the servant who used to awaken him was—"Is there any mullet in the market this morning, John?" And if John replied in the negative, his rejoinder was—"Then call me at nine to-morrow, John."

PHILIP II., of Spain, gave as a reason for not eating fish, that they were nothing but element congealed, or a jelly of water.

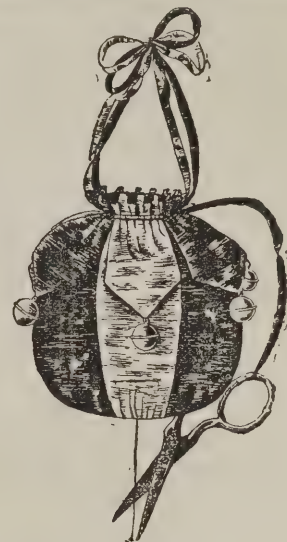
Tobacconists.—"How to Commence (128 pages) from £20 to £2000," 3d.—109, Euston Road, London.

## Fancy Needlework.

—O:—

### COVER FOR A BALL OF TWINE.

MADE of satin ribbon it will be found an improvement on the crocheted one, both in regard to beauty and the time spent in making one. Two shades of yellow make a very effective one; six stripes, eight inches in length, are required for one, three of each shade; the width depends on the size of the ball, but an inch and half width is usual for one of ordinary size. Place strips of ribbon together for a sufficient distance to cover the ball. The end designated for the bottom is gathered over a



small bean ring to allow the twine to be pulled out at the top; the ribbons are cut and turned so that only the satin side is visible; these are folded over to form a little heading above the skin which confines the ball; the ends of the ribbon are pointed, and have a tiny gilt ball attached to each; narrow ribbons are run in the skin and used to suspend the ball.

### WHISK BROOM HOLDER.

A pretty and novel whisk broom holder can be made of the combination of plush and satin after the design given here. The foundation is first cut out of pasteboard. Line the satin with crinoline and plait it to form a fan; sew it on the pasteboard, then paste the plush on the back



to cut to the same shape, only two inches narrower and straight across, when the point is on the front. Cover it on both sides with saten, and overhand the back and front together at the sides. Cord, the colour of the satin, is sewn on it to hang it by.

### SUNFLOWER LAMP SHADE.

The materials required are the fine, imported tissue paper, a pasteboard foundation, and a wire bent at the top to suspend the shade from the chimney. First, cover the foundation on



the back with tissue paper, bringing the paper a little way over the front and lightly gumming down the edges. Crumple the edge of each leaf between the fingers, then, placing it over a knife blade, crimp it up tightly through the middle. Unfold it and pull it out a little to a pretty shape. Then gum these leaves by the stem end lightly around the pasteboard centre, following with one inside row and then another. For the centre of the flower, cut four long strips of brown tissue paper, and fringe them all along one side. Then roll them up and gum them into the flower fringe side up. Fasten the wire in the back by which to suspend the flower from the lamp chimney. A neat way of doing this is to paste strong paper or cloth over the lower portion of the wire before covering the foundation with paper.

#### PRETTY LAMP SHADE.

Sew to the upper edge of a piece of coarse torchon lace that is three inches deep a piece of bright coloured ribbon two inches wide, and join the two ends. The lace and ribbon should be long enough to go loosely around the globe. Next, knot in a fringe made of knitting silk the colour of the ribbon around the lower edge of the lace. The fringe can be as heavy as desired, but long enough to fall just below the globe. Gather the top of the shade with a piece of silk to fit the neck or top of the globe. This will make a handsome ornament.

#### LACE WORK—STRAWBERRY LACE.

Cast on nine stitches.

1. Knit two plain, throw thread over twice, purl two together, knit two plain, throw thread over twice, knit two together, knit one plain.

2. Knit two plain, knit one loop, purl one loop, knit two plain, throw thread over twice, purl two together, knit two plain.

3. Knit two plain, throw thread over twice, purl two together, knit six plain.

4. Knit six plain, throw thread over twice, purl two together, knit two plain.

5. Knit two plain, throw thread over twice, purl two together, knit two plain, throw thread over twice, knit two together, throw thread over twice, knit two together.

6. Knit one plain, knit one loop, purl one loop, knit one plain, knit one loop, purl one loop, knit two plain, throw thread over twice, purl two together, knit two plain.

7. Knit two plain, throw thread over twice, purl two together, knit eight plain.

8. Knit eight plain, throw thread over twice, purl two together, knit two plain.

9. Knit two plain, throw thread over twice, purl two together, knit two plain, throw thread over twice, knit two together, throw thread over twice, knit two together, throw thread over twice, knit two together.

10. Knit one plain, knit one loop, purl one loop, knit one plain, knit one loop, purl one loop, knit one plain, knit one loop, purl one loop, knit two plain, throw thread over twice, purl two together, knit two plain.

11. Knit two plain, throw thread over twice, purl two together, knit eleven plain.

12. Bind off until you have eight stitches on the left-hand needle and one on the right-hand needle, knit four plain, throw thread over twice, purl two together, knit two plain. This completes one point or strawberry.

#### HANDSOME KNIT LACE.

Cast on thirty-three stitches and knit across twice plain.

1. Knit four, over, narrow, knit three, over, narrow, knit three, narrow, over, knit three, narrow, over, knit one, narrow over, knit four.

2. Knit two, narrow, over, knit one, narrow, over, knit the rest plain, making two stitches of the last one by seaming it before taking it off.

3. Knit six, over, narrow, knit three, over, narrow, knit one, narrow, over, knit three, narrow, over, knit four, narrow, over, knit one, narrow, over, knit four.

4. Same as second row.

5. Knit eight, over, narrow, knit three, over, slip one, narrow, throw the slipped stitch over the narrowed one, over, knit three, narrow, over, knit five, narrow, over, knit one, narrow, over, knit four.

6. Same as second row.

7. Knit seven, narrow, over, knit three, narrow, over, knit three, over, narrow, knit three, over, narrow, knit one, narrow, over, knit four.

8. Knit two, narrow, over, knit one, narrow, over, knit the rest plain until you come to the last three, narrow, knit one.

9. Knit five, narrow, over, knit three, narrow, over, knit five, over, narrow, knit three, over, narrow, knit two, narrow, over, knit one, narrow, over, knit four.

10. Same as eighth row.

11. Knit three, narrow, over, knit three, narrow, over, knit seven, over, narrow, knit three, over, narrow, knit one, narrow, over, knit one, narrow, over, knit four.

12. Same as eighth row.

Repeat from first row.

#### FASHION NOTES.

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##### AFTERNOON DRESS WITH BLOUSE BODICE FOR YOUNG LADIES.

THE front and back of this dress is made of different stuffs. The blouse made on a tight-fitting lining is trimmed in front with stripes two and three-eighths inches wide. This trimming, as also the turn-over collar, shoulder pieces, and sleeve facings, are of worked borders, dark velvet. The front drapery is similar to an apron, and requires a breadth of stuff one yard three and three-eighths inches long and one yard twenty-three and one-quarter inches wide. On one side this is plaited very closely and taken up; on the other a slit twenty-nine and five-eighths inches long is made above about six inches from the side edge. The narrow stuff part separated in this way and to be shortened nineteen and three-quarters inches gives the plain piece under which is put the side edge (plaited nine and three-quarters inches) of the larger part of this drapery left the whole length. For the back drapery a stuff breadth one yard three and three-eighths inches long and wide is required; this is rounded out at the upper edge so that the length in the middle is thirty-one and five-eighths inches.

The long polonaise of very soft mervellex caught up over a skirt of velvet is extremely fashionable, and will long continue, as it gives a certain kind of foundation for many other similar shapes; it is made with plaits, a jabot, or blouse, yet in this case an under corsage of velvet is required. Besides the polonaise, we may mention many arrangements of the habit corsage with long-pointed side basques, and worn so much by young ladies, as it looks well over any skirt—that is to say, either a tunic jupe of woollen material or a skirt of any coloured lace. Many such bodices are composed of plain velvet and ornamented with cord, elegant braids, &c., but they are also made of brocade and trimmed with lace, and in the latter case lose much of their severity and have more the appearance of casaques, the basques of which are cut off square and attached to breadths set on beneath bows of purl-edged ribbon, a still admired trimming for evening dresses. The great advantage of these casaques is that they may be worn over every kind of skirt, and nothing is prettier than such a casaque when made of velvet.

Street costumes, as well as visiting toilets, are often worn now without any outer vêtement, as the redingote takes the place of a pardessus, or a tight-fitting habit bodice takes the place of a jacket, and this fashion quite takes the fancy of young married ladies and young girls in their teens. It must not, however, be forgotten that large, warm, ample wraps are put on when driving out for calls, and left in the carriage, hall, or ante-room.

Young ladies wear outdoor jackets of coarse cloth the colour of the costume, and the corsage replaced by a Greek blouse of bright red surah; and a plain or plaited skirt with Greek blouse completed by a long vêtement with gathered sleeves is also an extremely pretty style of costume for those of our young friends obliged to go out every day to school or for private lessons. A dark felt hat, trimmed simply with a large bow of high loops and metal ornament, should be worn with such a costume, and will be found useful and in good taste.

#### THE SALMON.

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##### A ROYAL FISH.

THE salmon is a royal fish, and is so treated among all kings, queens, and potentates. When Earl Beaconsfield returned from the Congress of the Powers at Berlin the Empress of India invested him with the Order of Knight of the Garter; but that victorious statesman would probably admit that it was a compliment which went much nearer his heart when, just before he left for the Continent, the same Royal personage sent him from one of her own estates a superb salmon for his dinner. Thereby hangs a tale which enters in the politics and the diplomacy of the age.

This fortifying the inner man of the great English statesman is especially suggestive. If we remember that it is laid down by eminent authorities on physiology that fish food is especially nourishing to the brain, and that it affords those phosphates which impart unusual activity and vigour to that great organ of the intellect. It is maintained by scientific authorities of great learning that fish food, besides nourishing the brain, has a very marked influence also on man by way of humanising his disposition; that, in proportion as fish is eaten as a substitute for meat, it subdues all the bad passions, and causes the members of the human family to feel more kindly towards each other. All of which we verily believe. But if ordinary good fish fosters intellectuality and humanity in man, the superior virtues of the salmon make it an actual promoter of piety.

There is a well-authenticated case of a devout old bishop, who was so weak in the flesh that he was much tempted to indulge in a little meat, even on Fridays. But when he had hit upon the device of soaking a salmon in the best of olive oil from Wednesday, he found that he was enabled to tide over the terrible strain of his regular Friday fast without violating the rules and observances of the Church.

But whether the salmon is used for bodily health and strength or for moral or spiritual efficacy, many of its virtues depend on the way in which it is cooked. But before you cook your salmon, first catch it; then kill it instantly. (You will see, of course, that we do not write entirely for our local patrons who catch their salmon on the market-stalls with silver hooks.) One way is to throw it immediately into a cauldron of boiling water, where allow it to remain a few minutes; then dress and send home for cooking. Any instantaneous mode of death is preferable to allowing it to die by degrees. It saves pain to the fish, and it fixes a white curd between the flakes of the flesh, which adds greatly to its flavour; besides which it will keep firm and sweet much longer for being killed suddenly.

##### HOW TO COOK THE SALMON.

In regard to cooking the salmon, the dwellers in cities may learn valuable lessons from those who live on the margins of salmon rivers. Salmon fishermen cut the flesh of the freshly-caught salmon into slices. These they broil over a wood fire. In the ashes of this fire potatoes are placed to roast. These are so adjusted under the slices of salmon that they receive the fat and juices which are extracted from the fish in the process of broiling.

In boiling a salmon see that the kettle contains sufficient water to cover the fish. When it boils, put in a handful of salt. As the scum rises, skim it carefully off. Now put in the fish properly secured with tape. Allow it to boil gently a quarter of an hour for every pound weight of salmon.

It is one of the objects of the "COOK AND HOUSEKEEPER" to foster the art of preserving and cooking food in private families. Few persons are aware how much more healthy and how much more enjoyable food may be made, as the result of painstaking supervision by a good housekeeper at home, than they can possibly be served in great public establishments which are compelled to supply the ever-varying demands of hundreds and thousands of callers.

Pickled salmon, for instance, may be prepared for a private family so as to be far superior in every respect to any which can be bought at the grocer's. The process, as will be seen from our direction, is simple and easy of execution.



Cut the salmon into slices and place it in a deep dish or crock. Dash over the slices a little salt and a dust of cayenne pepper. Boil a dozen or two kernels of allspice in a quart of the best and purest white wine vinegar. Be very careful to obtain the very best of vinegar. While this is scalding hot pour it over the salmon. The salmon may be eaten on the same day. It improves it greatly, however, to keep it standing in the vinegar for a day or two. It should be securely covered and kept in a cool place.

Roasted salmon, fricasseed salmon, baked salmon, stuffed salmon à la maître d'hôtel, the various modes of treating kippered salmon—all these and more must be left for another occasion. No man could exhaust the capabilities of the salmon within the limits of a single column.

## THE FISH SUPPLY.

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(FROM OUR GRIMSBY CORRESPONDENT.)

Wednesday.—At the present period fish is a most important article of diet, and the demand will probably be increasingly strong until it culminates in the great market day of the year. The supplies continue very fairly good, live fish being comparatively more abundant than the smaller kinds caught by trawl. Brills are now at their best, and may be considered cheap at 2s. and 3s. each. The quotations for codfish—4s. to 6s. each live, and 2s. to 3s. dead—are also such as will commend themselves to the cook and housekeeper, especially as the season for this fish is just on the point of closing. Coalfish are selling at 1s. and 2s. each, but this fish is not in great demand. Three shillings to 5s. per stone are the ruling prices for conger eels, which have just come into season, and are yet scarce. Dabs are now at their best, and the wholesale prices are—live, 10s. to 14s. per box of 7 st. or 8 st.; and dead, 6s. to 10s. Haddocks are out of season and dear, “round” ones selling at 10s. to 18s., and “kit” 8s. to 13s. per box. These are double the ordinary rates. Gurnards have also just gone out of season; but they continue moderately plentiful, and sell at 3s. to 5s. per box. Hake are still sold at 2s. to 4s. each, although they have been out of season for some time. Halibut fetch from 6s. to 8s. per stone for live and 4s. to 6s. for dead. Norwegian herrings are very plentiful and cheap. Ling are moderately plentiful, and selling at about the same prices as codfish, mentioned above. They and halibut go out of season next month, when mackerel come in, followed by plaice, which are still selling at the average prices of 12s. to 22s. per box. Skate are making 3s. to 5s. each live, and 1s. 6d. to 3s. dead. This fish also goes out of season at Easter, together with smelts, which sell here at 1s. 6d. per basket. Soles are held to be not in season during February and March, but this piscatorial fiction by no means lessens the demand, as the prices—£7 10s. to £8 10s. per box—indicates. The time for turbot has just closed, and they are now realising 4s. to 12s. each, according to size. Whiting has also gone out, but those caught sell at 12s. to 18s. per box. Cockles, mussels, oysters, prawns, and scallops are all now in season. It may not be generally known that the growing scarcity of fish in the North Sea is causing considerable anxiety to the fishermen and fish merchants, and the necessity for action has become so recognised that the National Fish Culture Association are about to erect a Fish Hatchery and North Sea Institute for Technical Education in Fish and Fisheries at Cleethorpes, near Grimsby. Sir Edward Watkin, on behalf of the Manchester, Sheffield, and Lincolnshire Railway Company, has offered a site, and also promised to contribute to the erection and maintenance of the building, which will include within its walls a library, museum, aquarium, &c. It is hoped that fish may be here successfully hatched, and the North Sea thus repopulated.

In the Province of La Mancha, Spain, the phrase “the grace of God,” is applied to a dish of eggs and bacon fried in honey.

A FRENCH physician calls spinach *le balai de l'estomac*—the broom of the stomach—for it cleanses and purifies that organ.

## FRENCH AND ENGLISH COOKING.

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THE theories of the French and English cooks vary very widely. The former contend that all solid meats should be subjected to a long though gradual action of heat, so that all the fibrous parts may be thoroughly cooked, and thus leave but little work, according to their views, for the digestive organs to perform. The English cook, on the other hand, allows but little time in his roasting or broiling processes, or even in boiling, and declares that in any other plan the genuine flavour of the meat is destroyed or lost.

Another notable difference lies in their appreciation of flavours. The French cook can make an almost endless variety of these from the same meat, in neither of which will the original one, belonging to the meat itself, be recognised. The English cook takes a directly opposite view. With him no flavour can be invented which can approach that of the meat. The flavour of this must not be meddled with. Whether beef, or mutton, or lamb, or game is to be the dish, that process is the best which can keep the flavour of each distinct and distinguishable over and above any sauce or condiment that may accompany it. Indeed, no sauce that a French cook could concoct could possibly equal, according to the notion of the Englishman, the juice oozing from a nicely roasted joint or rib when sliced by the carver. There is another difference—and one in which we think the Frenchman has the best side of the argument—and this is in point of economy. The French cook, in all his processes, wastes nothing. Everything is of use to him; and much that would be thrown away by the English cook as of no value, the French with his ingenuity and skill succeeds in transforming into tasty dishes. Both methods, however, have their advantages, and we think a judicious combination of the two forms the best system of cookery.

## VEGETARIAN CONVERSAZIONE.

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ONE of these somewhat numerous gatherings, which are useful as showing the social side of the character of vegetarians and making converts to their principles, took place recently, at Mr. W. Castle's, Alpha Restaurant, Oxford-street. It took the form of a conversation, at which the principal attraction was a collection of the breadstuffs of Europe. That portion of the programme was, however, preceded by a supper—vegetarian, of course—which was placed upon the tables in a very attractive manner. The breadstuffs, which were set out in an upper room, were a small display compared with those at the recent Health Exhibition at South Kensington, or in the food collection at the Bethnal Green Museum; but they were sufficient to show that there is a wide choice of articles for making the “staff of life” with, while the average baker or housewife clings to one only—wheat, from which it is often urged that the most nutritive properties are eliminated. As a protest against this practice, whole-meal bread was naturally put forward very prominently in the exhibition. Some curiosity was shown by the visitors in connection with the specimens of rye-bread, which is the staple food of the peasantry of Russia and other countries. It certainly had not an inviting appearance; but, as it was fresh made, it was devoid of much of the harshness which would, perhaps, characterise it later on. Then there were bread and cakes from barley, oats, maize, and buckwheat, Passover cakes, and dried chestnuts, which make a by no means bad bread-meal. While performances on the pianoforte and vocal selections were given, Mrs. Vibbert showed the way in which the “gem” bread, of which the people of the northern parts of America and Canada much affect, is produced. The bread is made in small cast-iron pans or moulds, of which there are several in a cluster. The ordinary form of the small loaf is like an ordinary sponge cake, and it is made with whole-wheat meal, in which there is no leaven whatever. The operator simply mixed some of Messrs. Hill's whole-meal with water until

it was of a consistency sufficient to ensure its dropping easily from the spoon into the pan, which had been slightly greased or oiled. The whole of the compartments being filled, the pan was put into an oven heated with mineral oil, and in twenty-five or thirty minutes the “gem” was well baked. The process certainly has the merit of simplicity and portability, and any lady adopting it might be her own bread-maker upon the kitchen table if she chose to do something very much out of the common. The “gem” pans are obtainable in London.

## A DOG THAT COULD COUNT.

—:o:—

OLD Fetch was a shepherd dog and lived in the Highlands. His master kept nearly a dozen cows, and they ranged at will among the hills during the day. When the sun was low in the west, the master would say to his dog, “Bring the cows home;” and it was because the dog did his task so well that he was called Fetch. One sultry day he departed as usual upon his evening task. From scattered shady and grassy nooks he at last gathered all the cattle into the mountain road leading to the distant barn-yard. A part of the road ran through a low, moist spot, bordered by a thicket of black alder, and into this one of the cows pushed her way and stood quietly. The others passed on, followed some distance in the rear by Fetch. As the cows approached the barn-yard gate, he quickened his pace and hurried forward, as if to say, “I'm here, attending to business.” But his complacency was disturbed as the cows filed through the gate. He whined a little and growled a little, attracting his master's attention. Then he went to the high fence surrounding the yard, and, standing on his hind feet, peered between two of the rails. After looking at the herd carefully for a time, he started off down the road again on a full run. His master now observed that one of the cows was missing, and he sat down on a rock to see what Fetch was going to do about it. Before very long he heard the furious tinkling of a bell, and soon Fetch appeared, bringing in the perverse cow at a rapid pace, hastening her on by frequently leaping up and catching her ear in his teeth. The gate was again thrown open and the cow, shaking her head from the pain of the dog's rough reminders, was led through in a way that she did not soon forget. Fetch then lay down quietly to cool off in time for supper.

## FERN CULTURE.

—:o:—

FERNS are easily cultivated if a few practical details are observed. Growing in their native habitats, they are, for the most part, found in shady positions, where during their growing period they have an abundance of moisture at their roots. Therefore, under cultivation, a shady window is for most kinds more suitable than a sunny one, and during their season of growth a good supply of water at the root is demanded. While it is necessary for their success to have an abundance of water, they are at the same time very impatient of a stagnant soil, and, to prevent anything of the kind occurring, perfect drainage is indispensable. Not only is drainage a necessity in the cultivation of ferns, but it is also needed in the culture of all kinds of window and greenhouse plants after they have attained a certain size. No plants do I know, except aquatics, that succeed in a soil from which the water does not pass off freely. Plants growing in pots 6 ins. in diameter and over should have good drainage. This may be done by placing over the hole in the bottom of the pot a piece of broken pot; over this place more of the same material in small pieces; instead of this pieces of charcoal answer well. Fill about one-fourth of the pot in this manner, and over the top place some moss or other rough material, to prevent the soil from mixing with the drainage, and thereby preventing the water from passing freely off.

The most suitable soil for ferns is a mixture of garden loam and the black soil found in the woods, about equal parts of each; then with a good sprinkling of sharp sand through the whole, giving more if the loam is clayey and less if sandy.—*Vick's Magazine for February.*





### III.—MULES.—(Continued.)

—:o:—

THE preliminary work of multiplying stock is simply a matter of canary breeding so far as concerns general management. Still, it is an anxious time for the mule breeder, because a bad season may reduce a valuable stock to a low ebb. A prudent breeder, when his stock is getting low, must even resist the temptation to take a single nest of mules from any hen in order that the entire season may be devoted to rearing muling stock for future operations.

In selecting suitable goldfinches everyone follows his own fancy. One looks for a chubby-looking bird, another for a long, slim-necked bird, while one must have a full face. Some even go so far as to prefer a general deficiency, even indicating an approach to Albinism.

Each, perhaps, has followed out some golden rule of his own that has led to success, the how or why it is impossible to explain. In two noted breeding rooms, which for some years have contained very strong muling stocks, and in which have been bred some of the most extraordinary birds of the day, the finches are almost all chererals, and the result of one experiment showed that a hen which, when paired with a chereral, threw lightly variegated birds, produced only dark ones when paired with an ordinary finch.

The female should always be the mule bird, as thus there is more chance of a canary being produced, and because that bird is the better mother. A well-known case is recorded, however, of a cinnamon mule bred from a cock of the same kind and a goldfinch hen. Finches for breeding purposes should be procured early, and thus accustomed to captivity. When the proper time comes he must be fed well, with a little egg, maw seed, summer rape, and hemp seed.

There is very little to add to the general management of young mules, as it in no respect differs from that used in the rearing of canaries.

There are innumerable other mules to be produced between any member of the finch tribe, but for the present what we have said will suffice for beginners, who, however, will easily find manuals on any one particular subject.

We may add, however, Bechstein says that, except in the breeding season, the males should be kept in small bell-shaped cages, which ought not to be less than a foot in height and eight inches in diameter, and provided with two perches placed crosswise one above the other. The females may either be allowed to range the room with clipped wings, or be confined in a cage of such a size as to admit of a constant and varied motion.

This exercise has a great effect in preserving health and strength. In a small cage, adapted for one bird, the seed-and-water vessels should be placed at the extremities of the lower perch.

They should be made of glass, and the seed trough should be provided on the outside with a covering of some sort, to prevent the bird from scattering its food. For the same reason the seed drawers for the larger cage are covered with a network of fine wire.

As cleanliness is the most effectual preventive of any disease to which this pretty bird is subject, the bottom of the cage should be constructed so as to draw out, and ought to be strewn with river sand not less than once a week. The cage ought never to be left in winter in a room without a fire, as these domesticated little foreigners have never been inured to our climate, though in some they delight in fresh air. They always sing best in broad sunlight, and when the natural warmth of the day permits them to take the refreshment of the bath.

### IV.—THE BULLFINCH.

[*Loxia Pyrrhula*, Lin.; *Bouvreuil*, Buff.]

—:o:—

THIS favourite bird is rather thick in proportion to its length, which is nearly seven inches, the tail taking up nearly three. Its beak is long, black, short, and thick; the iris is chestnut brown; the feet weak and black; the shank eight lines high; the tip of the head, the circle round the beak, the chin, and the upper part of the throat a shiny, velvety black. The throat, back, and shoulders are dark grey; the breast and the upper part of the belly a beautiful crimson, which grows blacker as the bird advances in age. The rest of the body is white, the pen feathers blackish and darker in proportion as they near the body, the hindmost being externally bordered with steel blue, and the last having the outer plume red.



BULLFINCH

The female is smaller than the male, while the red portions of her plumage are strongly tinged with grey, the back brownish grey, and the feet lighter in colour.

There are very many varieties of this species. One is the white bullfinch, which is greyish white, or quite white, with a few dark spots on the back; the black bullfinches are usually females, which have been kept when young in a dark place, or have acquired the colour in old age by being too exclusively fed on hemp seed. Some at moulting resume their usual colour, others remain black. The black, however, varies much in different individuals. Some are a shiny, coal-black over the body, others only a smoky black, which is lighter on the belly; others, again, have the lighter colour on the head and the darker on the other parts of the body. Some black bullfinches are slightly marked with red on the belly, others have the belly entirely red, and we have seen one in which, though the head as far as the breast was black, and the rest of the body a dusky smoke colour, the wings and tail were white. It was a female, and somewhat larger than a redbreast.

There is the speckled bullfinch, the hybrid bullfinch, the offspring of a young female bullfinch and a canary bird, which inherits the form and plumage of both parents, and sings delightfully, though not so loudly as a good canary bird. It is rare as it is difficult to rear such broods.

The bullfinch is common all over Europe, even as far north as Sweden and Russia. In Germany it is generally seen in pairs, in woody districts.

When first taken the bullfinch may be allowed to range the room with other birds, except some particular reason exist why it should be confined in a cage, the size and shape of which is of no consequence, as it is a quiet bird, and nearly always thrives. It is the custom, however, to put those which have been taught in a handsome cage of brass wire, and in a room by themselves, as their artificial song might spoil that of the other birds if within hearing.

It feeds, when wild, on the seeds of the pine, fir, maple, beech, and all kinds of berries, as well as on the buds of the red beech, the various kinds of maple, oaks, and firs. It will, besides, eat linseed, millet, rape, nettle, and grass seed.

In confinement, those allowed to run about may be fed with the universal paste, and a little rape seed, by way of variety. Those kept in a cage must have rape and hemp seed, and

occasionally a little plain biscuit. Rape seed soaked in water, without any hemp, increases their longevity, as the latter is too heating, and often ends by making them blind, or inducing decline. They often want a little green food, such as watercresses, a piece of apple, some savin, service berries, or a lettuce.

The bullfinch is an exceedingly affectionate bird, very averse, both when wild and confined, to being separated from his mate, and, when with her, continually caressing and calling to her. In a wild state the bullfinch breeds twice a year, generally concealing its nest as much as possible in fir trees and hedges. Its nest is badly built of twigs, and lined with moss. A very good authority says:—"The nest of the bullfinch must be searched for in a shrubbery of evergreens, an ivy-covered wall, or a hedge in a wood. It is formed of small twigs and moss, and lined with fibrous roots, not so carefully put together as is the case with many other of the finch tribe."

The female lays from two to six eggs; the young birds are hatched in a fortnight. There are few birds more easily attracted by the decoy than the bullfinch. They may not be taken in the usual way, but that described under the head "Cross-bill," and even by setting limed twigs upon a bush, to which the decoy-bird is fastened. In winter they may be frequently caught in a snare, if baited with service or sumach berries. In spring or autumn the same bait will often lure them to the trap, especially if the fowler imitates their gentle cry of "Tui, Tui!"

The cross-bill trap is as follows:—In either autumn or spring they are easy to be caught by means of a decoy. A stake, to which strong limed twigs have been attached, is fixed, with the decoy-bird at its side, in some forest glade to which the birds are observed to resort.

The gardeners in the country call the bullfinch "Pick-a-bed," in reference to a well-known mischievous habit which it has. It is, indeed, a sad depredator, although not, as Knapp says, without any redeeming virtues.

### V.—THE LINNET.

[*Frangilla Canabino*, Lin.]

Is a well-known bird. It is very small, not being more than five inches in length. It is well known over all Europe, frequenting in summer woods, groves, and in autumn open fields.

It may be confined either in a ball-shaped or small four-cornered cage. It is not advisable to let it hop about the room, as it is a very quiet bird, sitting still in any place, and thereby liable to be trodden on. If, however, the aviary be well furnished with small trees and branches it will hop from one to the other of these.



LINNET

Wild, it feeds on all kinds of seeds, which it shells and softens in its crop before digesting them. It is especially fond of rape, cabbage, hemp, poppy, and linseed.

In confinement it only wants summer rape seed, which need not be soaked, as it has strong digestive powers. Hemp seed does not agree with it, and it is curious that winter rape seed, of which when wild it eats with impunity, is almost poisonous to it in its confinement. They must not be fed too abundantly, as they are of a plethoric habit of body, a little salt mixed with their food occasionally will be found a preservative against diseases. Those allowed to range a room will enjoy universal paste, and green food is occasionally desirable. As they



are fond of bathing, give them plenty of water.

The variations of plumage which occur in this bird at different periods of life have caused it to be known by the various names of brown, grey, and rose linnet; it is also called whin linnet, the greater redpole, and lintie, or lintwhite, the last two being terms applied to it in Scotland. More particularly in the poetry of Burns, and other sweet singers of the North, both of their names frequently occur. Thus:—

"I waldna gie the lintie's sang,  
Sae merry on the broomy lea,  
For a' the notes that ever rang  
From a' the harps o' minstrelsie.  
Mair dear to me, where buss or breer,  
Among the pathless heather grows,  
The lintie's wild sweet note to hear,  
As on the evening breeze it flows."  
(To be Continued.)

## HOW TO TREAT CATS.

—:O:—

CATS are seldom very well treated in our country, but we are happy to say people are beginning to appreciate them far more, and to study their comforts. You would like your pussy to be really happy, would you not? Well, we will try to tell you in a few words how to make her so. First, then, she must have her full liberty out of doors or in, so far as roaming about all day is concerned. You can teach her to be honest in two ways—you must feed her well three times a day, giving her all she can eat, and then if she attempts to jump on the table chastise her across the paws with a little bit of whalebone, which ought to be kept for the purpose. But never strike the cat with your hand, or over the head, even with the switch. Secondly, she may have food for breakfast like that recommended for small dogs, but for dinner she must have either fish or flesh. Boiled lights forms excellent food; so does horseflesh. Thirdly, give her water every day as well as milk; and lastly, teach her to keep indoors all night. . . . A cat, especially if she have long fur, should be often brushed and combed—this prevents matting, and keeps the skin clear. . . . When pussy has kittens, some people destroy them all at once. This is most cruel. One or two ought always to be left, and for these you should try to find good homes. Feed your pussy abundantly—cats eat more than many people would suppose; love her and make much of her, and she will keep the house well clear of mice and rats too. But a starved cat is never a good mouser. Cats love a kind master or mistress far better than they do the house in which they dwell. The reverse is generally believed, but we could produce a thousand lovers of the feline race to prove that what we say is correct. Never leave your cat alone at home when going away on a holiday. If no one is to be left in the house, give her to some kind neighbour to keep for you. But a better plan is to take her with you in a basket. A cat will make herself at home anywhere with those of whom she is fond.

## SPECIALITIES.

—:O:—

### BOSSWARD'S "ORIENT" PLATE POWDER.

THIS is a new importation from abroad, and a most valuable one it is. It produces a brilliant and lasting polish on electro-plate, gold and silver jewellery, Britannia metal, block tin, &c., while it tends at the same time to preserve these metals. Being free from grit, it is non-injurious to the most delicate work. We have ourselves tested the "Orient" Plate Powder in many ways, and unhesitatingly declare it to be the best composition of the kind that has ever come under our notice. It is sold in boxes, 4d., 8d., and 1s. each. It can be had of all chemists, grocers, and ironmongers, or wholesale at Sherwin and Company, 47-8, King William-street, London.

The first brewers of tea were often sorely perplexed with its preparation. It is related of a party to whom was sent, as a present, a pound of tea, that they boiled the whole at once in a kettle, and sat down to eat the leaves with butter and salt, and wondered how any person could like such a diet.

## BICARBONATE OF SODA.

—:O:—

### A BRIEF CHAT CONCERNING A CHEMICAL.

THE product known as bicarbonate of soda is "one of those things no family should be without," its manifold virtues rendering it very adaptive to household requirements. Every good cook knows its excellence in bread-making, and many of us doubtless remember the delicious soda biscuits our grandmothers prepared to perfection long before the beginning of the "rising" generation of baking powders. Prepared flour, so convenient to have at hand in emergencies, may be mixed at home, and with less expense than it can be purchased (particularly by ladies living in the country, remote from village stores), and of really better quality than the packaged varieties. Mix 2 lbs. of pure cream of tartar with 1 lb. of bicarbonate of soda; rub them together until all lumps are dissolved, then pass three times through a fine sieve. Add three teaspoonsful to each quart of flour, and rub all together twice through the sieve. Use the best flour, and the result will be satisfactory.

A slight dash of soda renders all green vegetables more nutritious, tender and easy of digestion, particularly cabbage, spinach, and beans. A pinch of soda to dried beans, split peas, &c., makes "all the difference in the world," particularly in using them for soups. A very slight quantity takes from tomatoes the unpleasantly sharp "twang," leaving only an appetising suggestion of acid. In preparing stock for soups or gravies, one-half teaspoonful of soda to every quart of water will extract all the substance from remnants of meat, bones, liver, &c., like magic. A little bit makes coffee very rich, and if the water be hard will soften it sufficiently to render the coffee the veritable "cup that cheers."

Everything—the good temper and general well-being of the family—depends upon the cleanliness of the coffee-pot, which in all orderly households is thoroughly washed and aired after using. It should be kept sweet by frequent "boilings out," with a generous pinch of soda in the water. (Let it come very gradually to a boil.) Death lurks in tannin, and tannin abides in the coffee-pot of a slatternly housekeeper.

In sickness as well as in health this same soda comes valiantly to the front rank in the army of useful things. Well do I recall the time we agonised over a poor little babe shrieking with colic. One of us walked the floor with it and patted its back; another trotted it on her knee and patted its back; another dosed it with gin and patted its back; others did equally absurd and needless things and—patted its back! And still that child was not happy!

In the midst of the uproar in walked a lady friend who "knew all about babies." "Stop hammering away on that child's backbone, and put a little bicarb—just a speck—on its tongue," she said. The deed was done, the pain-racked child was relieved in a few moments, and the domestic "empire was peace."

Dyspeptics find that this same "bicarb" carries "healing in its wings" if regularly used. It creates appetite, tones up the stomach, and sweetens the system. Nausea and sick headache may be relieved by taking it internally, while its efficacy in neutralising the poison of bites or stings of venomous insects is well known. It acts like a charm in the case of a snake-bite. For hives, apply externally, and swallow a small quantity dissolved in water; also take a light laxative. Relief from the burning and irritation will soon follow. If wet soda be immediately applied to burns or scalds, both heat and pain speedily subside. Other purposes are subserved by this great product, to all of which it would be impossible to specially refer; but that it is a real benefaction, in judicious hands, is a fact beyond cavil or question. Of course, it may often, like the cook's broth, be overdone or underdone by indiscriminate usage; but the worthy housewife knows just when and where to leave it off, and the wise home doctor knows just how long to leave it on; and under such auspicious circumstances it is indeed a necessary luxury for which we should feel devoutly grateful to the science of chemistry.—BELLE E. CABLE.

## THE DESSERT.

—:O:—

THE darkest hour is when you can't find the matches.

"O! Tommy, that was abominable in you to eat your sister's share of the cake." "Why," said Tommy, "didn't you always tell me, ma, that I am to take her part?"

"Waiter, didn't I tell you to give me a piece of melon off the ice?" "Yaas, sah, you did, sah." "Well, this piece is as warm as a tin roof." "Yaas, sah. Dat's cause it's off de ice, sah. Dey's allus wa'm when dey's off de ice, sah."

"Aren't you almost boiled?" inquired a little girl of a gentleman visiting her father and mother. "No, little one, I can't say that I am. Why do you ask, Daisy?" "Oh, because I heard mamma say that your wife always kept you in hot water."

"Just throw me half a dozen of the biggest of those trout," said a citizen to the fish dealer. "Throw them?" queried the dealer. "Yes, and then I'll go home and tell my wife that I caught 'em, I may be a poor fisherman, but I'm no liar."—*New York Times*.

"I think I'll get out and stretch my legs a little," said a tall man, as a train stopped at a station. "Oh, don't," said a passenger, who had been sitting opposite to him, and who had been much embarrassed by the legs of his tall companion, "don't do that! They are too long already."

Woman (to tramp): "If you'll shovel off the sidewalk, an' saw that pile 'o wood, an' pump a tub 'o water, an' fill the wood box, I'll give you a cold bite when you get through." Tramp (sadly): "Madam, if I were to put anything cold on my stomach after all that exercise I would have a fit of indigestion that would stagger the whole medical profession. I am not an ostrich, madam. Good morning."

"Oh, dear," sighed a farmer's wife, wearily, as she dropped into a chair after a hard day's work, "I feel just as if I were going to be sick. My head throbs, and may back aches dreadfully, and—" "I declare," interrupted the farmer, starting up and seizing his hat, "that reminds me, I forgot to give the two-year-old colt his condition powders to-night an' he's been a wheezin' all day," and he hurried to the barn.

## SINGING AT HER WORK.

—:O:—

I HEARD her singing at her work

As I passed by one day;  
And paused to see the maid who sung  
That ballad quaint and gay,  
About a brave and handsome knight  
Who loved and rode away.

I saw her fitting here and there,  
On household tasks intent;  
The while she sang in tender strains  
Of how he did relent,  
And rode full many a weary mile  
To gain his love's consent.

But, ah, although she sang of love,  
Her voice was light and gay,  
And well I knew her maiden heart  
Had never felt Love's sway,  
And yet, explain it as you will,  
I lost my heart that day.

But now I never stop to hear  
As I pass by that way,  
The girl who sang while at her work  
That ballad quaint and gay;  
Because—she sings a sweeter song  
In my own home to-day.

## GASTRONOMIC PICKINGS.

—:O:—

SIR ISAAC NEWTON, when writing his "Principia," lived on a scanty allowance of bread and water, and a vegetable diet.

DRYDEN said that a chine of honest bacon pleased his appetite more than all the marrow puddings.

POPE says—

One loves the pheasant's wing and one the leg;  
The vulgar boil, the learned roast an egg.

DR. PALEY, having been out fishing for a whole day, was asked on his return if he had met with good sport. "Oh yes," he answered, "I have caught no fish, but I have made a sermon."



THE salmon is termed the king, and the pike the tyrant, of the fresh waters.

BEAU BRUMMEL, speaking of a man, and wishing to convey his maximum of contemptuous feeling about him, said—"He is a fellow, now, that would send his plate up twice for soup!"

SIR SAMUEL MORELAND'S travelling coach had a fireplace and grate, with which he could make a soup, broil cutlets, and roast an egg; and he dressed his meat by clockwork.

LUTTREL, a famous diner-out, "was," says Sidney Smith, "a very agreeable man; but he spoke too lightly, I thought, of veal soup."

JOHN HANCOCK'S coolness when a servant let fall a splendid epergne, which shivered to atoms, is worthy of imitation—"Break as many dishes as you please, John," said he, "but don't make such a confounded noise about it."

PEPYS, of Charles II.'s reign, having company to breakfast, mentions—"I had for them a barrel of oysters, a dish of neat's tongues, and a dish of anchovies; with wine of all sorts, and ale."

THE term vinegar comes from *vin aigre*—sour wine—which indicates the source from which it was first produced.

A SHARP vinegar destroys its own barrel, but some vinegar is so weak that, as Charles Lamb says, "it wouldn't know its own mother."

PARSLEY, it is said, chewed after eating onions, will remove the odour of the latter from the breath. So also will a clove of garlic.

"*Le véritable Amphitryon est l'amphitryon où l'on dîne.*" This line from Molière tells us pleasantly enough that he who sits at the head of the table is among those "respectable" powers who find an alacrity of worship at the hands of man.

AMPHITRYON was a gentleman, an Egyptian, whose dinners at Memphis were something almost divine; and his love of good fare made him a hero among the leek-worshippers of Egypt.

GOOD cookery by developing flavour increases the nutritiousness of food, which bad cookery would perhaps render indigestible. Hence a good cook rises to the dignity of artist. He may rank with the chemists, if not with the physicians.

A FALSE hunger ought not to be soothed, nor a false thirst to be satisfied; for satisfaction here is only adding fuel to a fire that would otherwise go out.

*Festina lente* is a good rule, especially when applied to eating. Without it digestion is not; and when digestion is lacking Death is waiting for his prey.

THE Western man who, at one of our hotels, where the bill of fare was in French, after sorely puzzling himself with descriptions which he could not comprehend, *cotelettes à la Maintenon* and *œufs à la braise*, exclaimed, "I shall go back to first principles; give me some mutton chops and boiled eggs."

WOMEN may not consider it complimentary, but it is a fact that the milk of asses more nearly resembles human milk than any other. Like the human milk it contains more saccharine matter than that of the cow, and deposits a large proportion of curd by mere repose.

FRANKLIN, who made a "morality" of every sentiment, in one of his essays says—"Disorder breakfasts with Plenty, dines with Poverty, sups with Misery, and sleeps with Death."

DEAN SWIFT lent dignity to breakfast, and to laundresses partaking of it, when he said, in illustration of modern Epicureanism, that "the world must be encompassed before a washer-woman can sit down to breakfast."

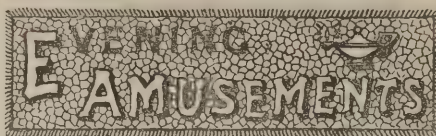
EGGS lose their nourishment by cooking. The yolk, raw, or very slightly boiled, is exceedingly nutritious; one slightly boiled, however, is more easy of digestion than a raw one.

POPE says of a lady that she went into the country,

To part her time 'twixt reading and Bohea,  
To muse, and spill her solitary tea;  
Or o'er cold coffee trifle with the spoon,  
Count the slow clock, and dine exact at noon."

OF another lady Dr. Young, in his satires, says—

Her two red lips affected zephyrs blow,  
To cool the Bohea and inflame the beau;  
While one white finger and a thumb conspire  
To lift the cup, and make the world admire.



## OUR SPHINX AND PUZZLE PAGE.

—o:—

Answers to the following to be sent in within two weeks:—

### RIDDLES.

I.

I'm dragged along through dirt and mire  
O'er craggy stones and hills about;  
And yet I neither faint nor tire  
But weary those that do 't.

II.

I have a hundred and two eyes,  
Yet never use but two;  
Though with the rest I men surprise,  
As female beauties do.

III.

Fair as the morn in painted coat,  
I saw the stripling stand  
Amongst a thousand youths of note,  
Till snatched by a rude hand;  
He thence was borne; when pining straight  
He seemed to mourn to death;  
And e'er the sun had made retreat  
He drooping dropt to earth.

IV.

In a green coat a thing is clad,  
Winged for flight not seldom made;  
Small, yet can taper well and sing,  
Pray tell me what may be this thing.

### ACROSTIC PROVERB.

If all our motives could be known  
For works and actions freely done,  
Each might betray an import low,  
And quell the good it ought to show;  
Could we but strive to find the "beam,"  
How much less clear the "mote" would seem.

We trace in others faults and sin—  
Our earnest notice soon they win—  
Upbraid and censure every speech,  
Lay up each tale the ear may reach,  
Disparage every feeling shown.

Sneering at every action done  
Would it not be a wiser course—  
Emerging from a worthier source,  
Engaging faculties of mind  
Possessed by those to good inclined—

Before we seek to track defects  
Existing where our search detects,  
Faithful and candid let us prove,  
Our inward failings to remove,  
Ruling our spirit to the task,  
Each blessing on our work we'll ask;

Hope for the needed strength to find,  
Improvement for the feeble mind,  
Searching within for faults of heart,

Often so stubborn to depart;  
Wisely the lesson may be learned,  
Nor should the benefit be spurned;

Disclosing to us every hour  
One brightest proof of virtue's power;  
Obtaining by the conquest won  
Requital for the action done.

What benefit the world would gain!  
Each would a share of good obtain;  
Scandal no more would bear a rule,  
Having no victim for its tool.

Only the voice of truth be heard,  
Upright and kind each deed and word;  
Lending an ear to friendly calls,  
Deaf when the word of slander falls;

Headless of gossips' vulgar tongue,  
Alert if called to prove it wrong.  
Vast is the influence that is spread  
E'en by the word in season said;

And none can tell the soothing power  
Contained in fellow feelings' store;  
Language but poorly can recount  
Each danger that it may surmount;  
And where it dwells within the breast,  
No jealous feeling e'er can rest.

Source of true happiness and peace—  
Thus shall the reign of scandal cease;  
Replaced by words and feelings kind,  
Engendered by a polished mind,  
Each bringing to its owner's door  
Tokens of peace unknown before.

### DOUBLE ACROSTIC.

I.

Methinks there will be an end of both the races  
When finals with initials change their places.

1. The same as a falsehood to all intents.
2. This vowel a consonant represents.
3. Never cast me on another's name.
4. I bear for every silly thing the blame.

II.

Each word has a gentle meaning  
Though not read as a whole,  
But when thus joined together  
'Tis music of the soul.

1. Third son of her who caused her children's woe.
2. Hunger and want from me too often flow.
3. A period marking how life slips away.
4. 'Tis what each child of man does day by day.
5. Those who have me hold a thing of more worth  
Than beauty and art, and pride of high birth.

### QUESTIONS AND ANSWERS.

1. If six shillings and a farthing shall be paid by a select number of men, each paying an equal share, how many shall there need be to discharge the same?

2. How may a straw be laid upon the ground that it may not be jumped over? They to whom you propose this question will think it easy to be done; if it should come to a wager, then lay your straw close to a wall upon the ground, and they will soon see it is impossible to be done.

3. If a butcher sends his servant to market and orders him with twenty shillings to buy twenty head of small cattle of several prices, that is to say, wethers at four shillings a piece, ewes at twelve pence, and lambs at a groat; and to lay out all the twenty shillings, and to have twenty head, neither more nor less; how many of a sort must there be to complete the number for the aforesaid money?—From "*A Whetstone for Dull Wits*."

### ENIGMA.

I.

There's a thing that pretends to be wondrous wise,  
Always meddling with what it pretends to despise;  
Now jaunting, now railing, now whining, then cursing,  
All flattery, all satire, all honey, and a worse thing,  
So old are the whims of this wonderful creature  
That 'twould tempt one to think it had more than one nature.

'Tis a spaniel, a tiger, a chicken, a kite,  
And she that's once caught by so common a bite  
Her credulous folly in vain may bewail,  
For she has, to her grief, got an eel by the tail.

II.

Without my aid no nymph is truly fair,  
Nor could you ever find a happy pair;  
In curs'd rebellions me the head you'll find,  
To murder, cruelty, and rage inclined;  
Yet virtues friend, all surely must agree,  
Since e'en religion's self must cease with me;  
Thus, you may see, I'm not devoid of grace,  
In heaven and hell yet ne'er shall find a place;  
Though in the centre of the world I'm pent,  
Though by my power subsists each element,  
Though on my aid myriads of worlds depend,  
Yet you will find me at your finger's end.

### CROSS-WORD ENIGMA.

My first is in England but not in Greece.  
My second is in England but not in grease.  
My third is in Europe but not in Spain.  
My fourth is in Europe but not in grain.  
My fifth is in Atlantic but not in New York.  
My sixth is in Atlantic but not in fork.  
My seventh is in Roumania but not in Perth.  
My eighth is in Roumania but not in mirth.  
My whole is a group of islands fair.  
If you look on your map you'll find them there.

ANSWERS TO "OUR SPHINX," No. 3,  
will be given next week.



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there will be a dry, hacking cough, attended after a time by expectoration. In very advanced stages the skin assumes a dirty brownish appearance, and the hands and feet are covered by a cold, sticky perspiration. As the liver and kidneys become more and more diseased, rheumatic pains appear and the usual treatment proves entirely unavailing against this latter agonising disorder. The origin of this malady is indigestion or dyspepsia, and a small quantity of the proper medicine will remove the disease if taken in its incipency. It is most important that the disease should be promptly and properly treated in its first stages, when a little medicine will effect a cure, and even when it has obtained a strong hold the correct remedy should be persevered in until every vestige of the disease is eradicated, until the appetite has returned, and the digestive organs restored to a healthy condition. The surest and most effectual remedy for this distressing complaint is "Seigel's Curative Syrup," a vegetable preparation sold by all Chemists and Medicine Vendors throughout the world, and by the Proprietors, A. J. WHITE, Limited, 35, Farringdon Road, London, E.C. Price 2/6 per bottle. This Syrup strikes at the very foundation of the disease, and drives it, root and branch, out of the system.



# THE COOK & HOUSEKEEPER

## A JOURNAL FOR EVERY HOME



No. 6. VOL. I.

SATURDAY, APRIL 9, 1887.

PRICE ONE PENNY

### TABLE NAPKINS.

It is pretty generally acknowledged that table napkins folded in all sorts of devices do much towards decorating the dinner table. We have been so used to this species of decoration that a dinner table would look very bare and blank without them. Much depends upon the accessories. However good the viands, however well-cooked the various dishes, they will go for little if they are not served up on a well-furnished board, which should contain all the requisites, in the way of sauces and condiments, for the coming feast; and what an agreeable sight is a well-arranged dining table. The spotless white table-cloth, the carefully-folded napkins, the delicately-coloured wine-glasses, the crystal goblets, and the Sèvres china and many-hued flowers and fruits and chaste silver, from which sparkles the reflection of shaded wax candles. All these form a picture of harmonising colour.

The dinner napkin can be folded in an almost endless variety of ways, but we shall content ourselves this week with describing two:—

*The Fold of the Mitre.*

—The napkin folded in three, thus—Fold one third over, turn it backwards, and thus make the three folds. Fold both ends to meet in the middle; take the left-hand corner (1), and fold it across in a right angle. Take the opposite corner (2) on the left hand at the top, and fold it in the same manner. You will thus form the Figure A. Turn over and fold in halves, lengthwise; open the points, and you will have Figure B. Bend the point 1 towards the right, and tuck it in the

groove 3. Turn the point backwards towards the right hand, and tuck it in at 1. You will then have the Figure C—the Mitre.

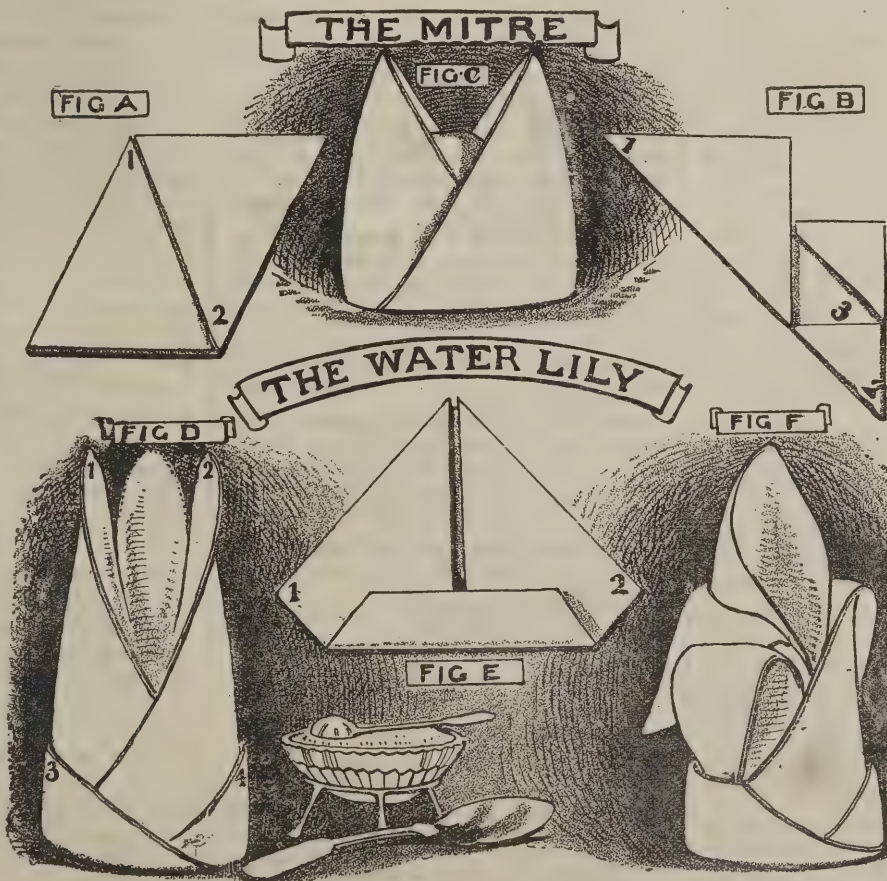
*The Water Lily.*—Have a square napkin, and fold it like a half handkerchief. Then take the two opposite points, and make them meet on the centre—one which forms a square. Take the bottom corner opposite the points, and roll it up, as at Figure E. Turn the napkin over, and roll point 1 to about the centre. Take point 2,

and tuck it in the groove; raise it, and you have Figure D—the Water Lily. Turn the corners over, and tuck them in at 3 and 4. Turn back the second fold at top—Figure F.

When we glance at the customs of different countries, and the want of politeness and refinement shown by many persons, even at the present period, we are reminded of the following anecdote:—

The best illustration of the spirit of genuine politeness that we think we ever heard of was that of a certain king (whose name we have unfortunately forgotten, though it deserves to be remembered) to whom a yeoman had rendered some service, and was graciously invited to dine with his sovereign. At dinner the servants set

a roasted bird before each. The countryman seized his by the two legs, and with a skilful twist tore it apart and proceeded to devour it. The attendants stood aghast, and the king was at first somewhat startled. What did he do? He seized his bird as had the countryman and devoured it in the same manner. His guest was immediately put at his ease, and the dinner was a grand success.





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SATURDAY, APRIL 9, 1887.

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(ARRANGED ALPHABETICALLY.)

—:0:—

**Barberries** were pickled by our ancestors. They took some white wine vinegar and water an equal quantity, and to every pint of the liquor they put a pound of sugar; it was set over the fire, and some of the barberries were bruised and put in with a little salt; it was allowed to boil half an hour; it was then taken off the fire and strained. When it was pretty cold, strain; and when cold, pour over barberries. Cover the glass with leather.

**Barberries** were also preserved by taking the largest barberries that could be got, and to every pound of barberries adding three pounds of sugar; it was then boiled to what is called "candy high"; the barberries were now put in and boiled until the sugar boiled over all. They were then taken off, scummed, and set on again and boiled once more; they were then put in an earthen pan, and the syrup poured over, covered with paper, and kept in a store. If the syrup grew thin, a little jelly of pippins was made and put to them when ready. They were then put in glasses.

**Barley Lemonade.**—Put a quarter of a pound of sugar into a small stewpan with half a pint of water, which boil for ten minutes or until forming a thickish syrup; then add the rind of a fresh lemon and the pulp of two; let it boil two minutes longer; then add two quarts of barley water, from which you have omitted the sugar and lemon; boil five minutes longer; pass it through a hair sieve into a jug, which cover with paper, making a hole in the centre to let the heat through. When cold it is ready for use. If put cold into a bottle and kept corked down it will keep for many days.

**Barley Sugar (To Make).**—Boil one pound of loaf sugar in a teacupful of water over a slow fire for half an hour. Keep skimming it as often as any scum arises on the surface till done enough; try it by putting the tube of a pipe into the pan, and pour it on a stone. You must pull this, make it into long sticks, and clear it with vinegar and rum.

**Barley Sugar, Common.**—Boil three pounds of coarse raw sugar in three teacupful of water over a slow fire for an hour. Dissolve a little gum in hot water, and put it in to clear. Keep scumming while any scum rises; when done enough it will snap like glass; cut it in long sticks.

**Barley Water.**—Put half a gallon of water into a very clean saucepan with two ounces of clean (but unwashed) pearl barley; when boiling, carefully skim it with a tablespoon, and add half of the rind of a small lemon; let it boil until the barley is quite tender; sweeten with half an ounce of white sugar, strain it through a fine hair sieve, and use when required. The juice of half a lemon in some cases may also be introduced.

**Barm (To Make).**—Boil two ounces of the best hops in a quart of water till it is reduced to a pint; then strain it. Take half a pound of flour, sifted, and one ounce of isinglass dissolved in warm water. Mix the whole together in six quarts of warm water and a little barm; then let it stand for thirty hours in a warm place, and it will become excellent barm fit for any purpose.

**Bath Cake.**—Take six pounds of flour, three quarters of a pound of butter, and three pounds of raw sugar; rub the butter and sugar into the flour, after crushing the sugar small; take a little volatile salt, dissolved in milk; mix the sugar

and milk together, and then put the other things in. Roll it thin, and cut it into round cakes with a tin mould and bake them in a slow oven. They must not be browned much.

**Batter for Cutlets or Fillets of Fowl.**—Mix four spoonful of flour with one of olive oil, and a sufficient quantity of beer to make it of sufficient thickness; then add the whites of two eggs and a little salt. Take care that it is smoothly mixed.

**Batter for Frying.**—Take a quarter of a pound of flour, work it with a little water and a little salt. Separate the yolks of two eggs, and add to them two tablespoonful of oil, and work all into a paste rather thicker than cream; if too thick, add a little more water. Well whisk the whites of the eggs, and stir into the batter a quarter of an hour before it is wanted.

**Batter Pudding.**—Three large spoonful of flour, two or three eggs; stir it up very much, mixing by degrees half a pint of milk. It must boil an hour and a half.

**Batter Pudding.**—One quart of milk, six eggs beaten separately, and seven teaspoonful of flour. Boil the milk, stir in the eggs and flour while the milk is nearly hot enough to boil; do not let it boil when you stir in the flour, but take it off the fire, or you will curdle the eggs. Bake this batter half an hour, and eat it with wine or lemon sauce. You should salt the milk slightly before boiling. When well and quickly made this is a delightful pudding, but should be eaten hot.

**Batter Puddings** of all kinds should be moved about a little after having being placed in boiling water to prevent the ingredients separating and settling at the bottom.

**Batter Pudding Without Eggs.**—In a pint of milk mix four large spoonful of flour, stirring it well. Put in two spoonful of ginger and the same amount of saffron, a little salt, a few raisins already steeped in brandy. Place it in a cloth or butter-d basin, and boil for about an hour. Serve with melted butter or sweet sauce.

**Bavarian Cream with Pistachios.**—Pound four ounces of very green pistachios, with the zest of a lemon rubbed on sugar, add eight bitter almonds, the whole being well pounded, dilute it with two ounces of milk almost boiling, and eight ounces of pounded sugar; let this infuse an hour, and strain it through a napkin add six drachms of isinglass, and make it green with essence of spinach. Put the whole in a bowl in ice. When it begins to set, add the whipped cream.

**Bavarian Cream with Bitter Almonds.**—Pound three ounces of bitter almonds, adding a little water at intervals; put them into a tureen with two glasses of milk almost boiling, and sweetened with two ounces of boiled sugar. Let them infuse an hour, and pour them through a fine sieve, add six drachms of lake isinglass. Put the mixture on ice in a bowl. When setting add a plate of whipped cream.

**Bavarian Cream with Caramel.**—Melt four ounces of sugar on a moderate fire, stirring it. When it becomes of a reddish yellow add a glass of water and dissolve it. When this is done add four ounces of sugar, half a pint of cream, and six drachms of isinglass.

**Bavarian Cream, Vanilla Flavour.**—Put a small piece of vanilla in three glasses of boiling cream; reduce a quart of milk to a pint at the corner of the stove, add half a pound of sugar and six drachms of isinglass.

**Bavarian Cream with Apricot.**—Cut eighteen fine apricots; boil them into marmalade with half a pound of sugar, pass them through a tammy, add six drachms of clarified isinglass and a glass of cream; stir, and place it in ice. When it begins to set add the whipped cream.

**Bavarian Cream with Strawberries.**—Pass two pounds and a half of strawberries through a fine sieve; add eight ounces of fine sugar, and when this is dissolved add six drachms of isinglass, add cochineal if the colour is not strong enough; put it in ice, and as soon as it begins to set add as much whipped cream well drained as will fill the mould you intend using; stir the mixture well; pour it into the mould, set in ice. You may take it out in half an hour.

**Beadles of Veal.**—This is a French dish, so called because in that country the parish beadles wore gowns of two colours, one-half of one colour, the other half of another. Take the *noix* (the large part of the leg of veal to which the udder is attached) of a young calf and brown it.

If intended for the first course, choose the smallest you can procure; if for a remove, the largest that can be got. Flatten it a little, retaining the udder. Form a crescent on the border of the fat, and pare that part where there is no fat. Lard it with bacon as a *fricandeau*; let it be done in the same manner, only cover with bacon the part that is not larded, in order to keep it white, and glaze it slightly when done.

**Beans (French Beans à la Poulette).**—Boil the beans in plenty of water with a handful of salt in it; drain them, throw them into a stewpan with two or three spoonfuls of poulette sauce, add a piece of fresh butter and a little lemon juice; serve. The sauce must not boil; garnish with flowers of puff paste glazed.

**Beans (French Beans à la Provençale).**—Boil them in salt and water, and drain them well in a cloth; put a little chopped eschalots and parsley into a stewpan with a few spoonful of oil; season them with a little pepper and salt, soaking them a few minutes; add a little lemon juice; dish, garnish with a few flowers of puff paste, and serve.

**Beans, French, Pickled.**—Put the beans in strong brine for forty-eight hours, then pour off and drain them well, then boil vinegar and peppercorns and mace, and pour it over them boiling.

**Beans (Salad of Baked).**—Put into a salad bowl a head of lettuce, torn into pieces three inches wide, add to it a pint of cold baked beans, mix a plain salad dressing of oil, vinegar, pepper, and salt. Chop up two hard-boiled eggs, the white and yolks separately; sprinkle the yolks of eggs over the beans and the white round the border; just before serving add the dressing, and mix altogether.

**Beans (Salad).**—Boil one pint of haricot beans in salt water; when cool, drain and put in salad bowl with three sliced boiled potatoes, add a plain dressing and a teaspoonful of minced herbs. To serve it properly, put a crisp leaf of lettuce in a small side plate, and add a heaping teaspoonful of the salad to it.

**Beans.**—To stew old beans, take them when too old to dress any other way, and remove the tough outer skin; then beat them in a mortar with a little butter, pepper, and salt, thicken some white broth with a little cream or flour and butter, add the beans to it, and stew them altogether over the fire for a few minutes.

**Bean Sauce.**—Melt some good butter over a slow fire, beat up some yolks of eggs in tepid butter with a fork, add aromatic herbs, a little garlic, a teaspoonful of good vinegar or lemon juice, according as it is for meat, fish, or roast fowl. Another way is to put in a saucepan ten or twelve shallots, a bouquet, a little nutmeg, and a tablespoonful of freshly-ground pepper, add a wineglass of vinegar; allow it to be reduced nearly one-half; strain it through a strainer. Put in a small saucepan a good-sized lump of butter, three yolks of fresh eggs, add two spoonful of the original gravy, and put it over a slow fire; mix it very quick that the sauce may thicken. Take off quickly lest it turn to oil.

**Beans (Windsor Beans à la Poulette).**—Windsor beans are to be served at a good table only when very young and fresh gathered. Boil them in salt and water. When nearly done, drain them, and stew them in a little sauce *tournee* with a bunch of parsley and green onions, a little savoury chopped very fine, and a small lump of sugar. When the beans are sufficiently reduced, throw in a thickening made of the yolks of two eggs and a little thick cream. Send them up in a short sauce and properly seasoned. When the beans are large, you must take off the coats and boil them in salt and water; cook them as above, and send them up with a short sauce.

**Beans and Bacon**—Windsor beans are served as an entrée in the summer season. Take a piece of streaky bacon and boil it for a couple of hours. When ready to send up, take off the rind and fry the bacon. Powder over with raspings of bread. Give it a pleasing shape, and lay it over the beans that have been boiled in salt and water only. Send up separately in a boat some chopped parsley in melted butter. Beans are also a very excellent garnish to a ham. When young, serve them plain round it, and cook as directed above. Another way is to boil the ham, glaze it, and serve under it Windsor beans dressed as follows: Take some very small Windsor beans; boil them in water with a little salt. When boiled take a little bechamel, into which throw half a quarter of a pound of fresh butter, a little



chopped parsley and winter savory; toss the beans in that sauce after having drained them, or dish the ham over the beans.

**Beans** (Purée of Red Bean Soup).—Soak a pint and a half of red beans about two hours in lukewarm water; drain them, and put them into a stewpan with an onion stuck with two or three cloves half a carrot, a leek, a little parsley, two or three green onions, a sprig of thyme, a bay leaf, and a blade of mace; a good piece of ham, or half a pound of breast of bacon. Moisten the whole with strong brown consommé. When these have boiled till quite tender, drain them on a sieve, and pound the beans together with the crust of a French roll which has been soaked in the liquor. Moisten the purée with the consommé; rub this through a tammy, after which it must be made thin enough by adding more stock, to allow all impurities to rise in boiling gently at the corner of the stove. This soup you must keep as red as possible. Serve with bread in dice.

**Beans** (Purée of White Bean Soup).—The method is the same as for red beans, only white stock is used, with an addition of cream worked with a little fresh butter before serving up. The white beans must be soaked longer.

**Bechamel Maigre**, for Roman Catholic fast-days, is prepared as above, with the exception of the meat, which has to be omitted. If you have made any sauces from fish, put a little of the juice or gravy of the fish with the cream. When done, strain through a tammy and serve up.

**Bechamel Sauce**.—Take about two ounces of butter, about three pounds of veal cut into small slices, a quarter of a pound of ham, some trimmings of mushrooms, two small white onions, a bunch of parsley, and green onions; put the whole into a stewpan, and lay it on the fire till the meat be made firm. Then put three spoonfuls of flour; moisten with some boiling hot thin cream. Keep this sauce rather thin, so that whilst you reduce it the ingredients may have time to be stewed thoroughly. Season it with a little salt, and strain it through a tammy. The sauce should retain no taste of flour, and be very palatable.

**Beef**.—Of all the meats consumed in this country this is the most popular. As Dallas says, "The influence of the ox on human society, and more especially on John Bull, deserves notice. No animal has been so often taken for a god as the bull, or for a goddess as the cow, and though we may not allow them so much honour, it cannot be denied that those races of men who own the best of them and partake the most of them have attained the highest degree of civilisation." And yet in an old work called the "Perfect English Cook" we only find one recipe for cooking it, under the title of "A Flank or Sirloin of Beef. Season this only with pepper and salt, and if you will have your sirloin to pass for venison, after you have boiled it over night in red wine, but first beat it very well before you break the grime and then it will pass for venison."

Beef is in season all the year round, though many prefer it in winter. To a certain extent this is true, as it can be kept longer and becomes what we call tender and the French *mortifié*. The entrails and head must be cooked fresh. The meat of the ox is the best, and when young it moves upwards after the pressure of the finger. The lean should be bright red, and the fat white rather than yellow. Beef with little fat is poor, while very fat beef is expensive. Bull beef is coarse, and smells strong. All beef should be hung until tender. French butchers used to object to this because the outside was black. But when advised by English people to try the experiment, they at once found the soundness of the idea. It should not in hot weather be kept until it requires washing. Vinegar and powdered charcoal may be used usefully if only slightly tainted.

An Ox is cut up into sirloins, the best joint of all, having at its bed end the fillet. Many, the French especially, prefer the undercut to the rump for steak. A baron of beef is two sirloins cut together. The rump is above the sirloin, and the best part is usually cooked as steaks, the inferior as salt beef. The aitchbone can be salted, boiled, or roasted. The buttock is either cut into steaks, boiled or stewed. The rest will be given under various headings. Cheap meat is not so economical as the purchase of the best cuts, if it is possible, and to secure good meat

buy of the same butcher if you find he is to be depended on.

We shall give all the necessary varieties of cooking beef, with its joints and its varied parts and multifarious stews and ragouts.

Take an aitchbone of beef and salt it by rubbing in a mixture of nearly 1 lb. of salt to 10 lbs. or 11 lbs. of meat, some moist sugar, and a tablespoonful of saltpetre. Soak for several days. Put it in a saucepan when required, with water to cover it, letting it boil slowly, and then simmering it for an hour and a half. "It," says Dr. Kitchener, a great authority on medicine and cookery, "it boils too quickly at first, no art can make it tender afterwards; the slower it boils the better." Suet dumplings, turnips, and carrots are the best things to boil with it. The liquor, with some fresh bones, makes excellent soup. This joint is usually cut across the grain.

**Beef, Roast**, is, of course, the king of all joints. The French and English rival schools have long been divided into the merits of boiling and roasting. The French are ardent in favour of beef broth, or *p. t. au feu*, and stick manfully to boiled beef. We admit the value of beef broth, but our cry is the "roast beef of England." We give it the plainest of sauces, while the French waste on it a strong and extravagant decoction of beef, veal, and ham boiled down into a glaze. We are satisfied with horseradish, Yorkshire pudding, and potatoes. It is a matter of dispute whether a joint should be put near the fire at first to harden the outside and thus keep in the gravy, drawing it back gradually. The old system was to begin at a distance and gradually get nearer. The latter is the more economical it is generally believed. Of course the weight must depend on the number who will dine, but from ten to fourteen pounds is the most useful size. It must be dredged with flour and hung a foot from the fire, being brought nearer when half done. It must be continually basted and some salt thrown over. We consider the undercut or fillet as the best part of the sirloin, but the French consider it so tasteless they cook it separately, lard it with bacon and steep it for twenty-four hours in wine, salt, oil, and pepper and onions to give it a flavour. It is a palatable dish, but the chief use of the fillet in France is for steaks. Leon Souchez, a great French authority, tells us to remove the spine. "Loosen," he says, but do not remove the fat attached to the sinewy part. Remove the fat which clings to it. Cut all the bones in equal lengths which separate the fillet from the undercut. Season with pepper and salt. Now put it in a glazed plate, a scraped carrot, an onion ditto, three sprigs of thyme, three of parsley, a laurel leaf, three spoonfuls of olive oil, and the juice of a lemon. Allow the meat to macerate in this two hours; then take it out, tie up the sirloin in several places, fasten it on a broche, and roast. When cooked place on a dish, garnish around with potatoes, potatoes fried in butter, or stuffed tomatoes or mushrooms. Baron de Brisse tells us to take care it is rather underdone, as it is both more tender and succulent. In Provence they lard a sirloin with ham, and prepare a sauce of scraped bacon, beef marrow, anchovies, butter, oil, herbs, and garlic, all chopped fine and seasoned properly. This mixture should be spread on rashers, with which the sirloin should be wrapped round; then the whole is to be tied up. Serve with a sauce piquante.

**Beef, Cold Roast**, is admirable, but many warm dishes may be made from it, as by cutting up the fillet or sirloin and warming them in any remains of the gravy, or in some strong stock. To the slices of meat add some slices of bread and butter, and pour on the whole the gravy, to which should be added a lump of butter mixed with parsley, lemon juice, and a dash of vinegar. Sirloin or fillet may be accommodated by cooking some blanched celery in good bouillon. When this is cooked add thin slices of the meat with shallots and lemon. A sauce may be made of fried mushrooms, a small quantity of bouillon, with a bouquet of herbs or a chive of garlic. When the sauce is cooked take off the fat and add capers, minced anchovies; put in the slices of meat, but do not let it boil.

(To be Continued.)

DR. PARR confessed his love of hot boiled lobsters, with a profusion of shrimp sauce.

Tobaccoists.—"How to Commence (126 pages) from £20 to £200," 3d.—109, Euston Road, London.

## Cookery for the Million

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**HAUNCH OF MUTTON**.—This being a favourite joint, two or three recipes will be given to improve the flavour. It will require to be kept for some time, and must therefore be well washed with vinegar, wiped every day, and, if necessary, rubbed with pounded pepper and ginger. Stick two cloves in the knuckle, and twenty-four hours before it is put upon the spit, having thoroughly dried and wiped it clean, lay in a pan, and pour as much port wine over it as will serve to soak it, turning it frequently so that every part shall equally imbibe the wine. Stick two more cloves in it, paper up the fat, and roast it the same as venison, basting it with wine mixed with butter. Serve it with gravy and currant-jelly.

**ANOTHER WAY TO MAKE A HAUNCH OF MUTTON TASTE LIKE VENISON**.—Take the skin carefully off, and rub the meat with olive oil, then put it into a pan with a quantity of whole pepper, four cloves of garlic, a bundle of sweet herbs, consisting of parsley, thyme, sweet marjoram, and a couple of bay leaves. Pour upon the meat a pint of good vinegar and three or four tablespoonsful of olive oil. Cover the upper surface of the meat with slices of raw onion, and turn the mutton every day, always taking care to put the slices of onion on the top surface. At the expiration of four days take the meat out, wipe it with a napkin, and hang it up in a cool place till the next day, when it is fit for roasting. The under part of a sirloin of beef, or the half of a beef-heart, may be prepared in the same manner, and stuffed and roasted like a hare. A more simple method is to stick two cloves in the haunch, wash it with vinegar which has been poured into a basin rubbed with garlic, repeating this latter process every day, and let it hang until it is tender.

**SADDLE OF MUTTON**.—This joint should be well hung and well roasted. Take out the fat from the inside, and remove or retain the kidneys, as it may be convenient; split the tail, and skewer the pieces back in a ring on either side. When great pains are taken with the dinner, raise the skin, but skewer it on again, removing it altogether twenty minutes before the mutton is dished. On removing the skin, sprinkle the mutton with salt, dredge it with flour, and send it up finely frothed.

**SHOULDER OF MUTTON**.—Roast it nicely, and send it up with onion-sauce. It is an unsightly joint, but the appearance may be improved by cutting off the knuckle, when it may be called a shield. The bone may be taken out, and the mutton stuffed; but in that case the grill of the blade-bone will be sacrificed. A small shoulder cut into a good shape, boned, and stuffed, may be baked with advantage upon a Yorkshire pudding. It is frequently served up in this manner at Anglo-Indian tables, the pudding not being deeper than a shallow dish will admit.

**LEG OF MUTTON**.—If the weather should be cold, hang the mutton for three weeks, then remove the skin very carefully; wrap the leg in a veal caul, and roast it. Should the weather not admit of its hanging so long, put it into a pan, and cover it with coarse brown sugar, turning it every day, and when to be roasted remove the skin, and wrap it up as before directed. This process will cause it to be very tender and juicy. A leg of mutton is usually roasted whole, but can be divided advantageously for a small family. Cut the knuckle into a good-sized joint. Put a coarse paste over the lower part, to keep in the gravy, and roast it. The fillet will cut into fine steaks for broiling, and the remainder will make into haricot; or, after being half-boiled, is excellent stewed with carrots.

**ANOTHER WAY OF DIVIDING A LEG OF MUTTON**.—Turn the outside of the leg upwards, and, with a small, long knife, gently raise up the skin as far as the knuckle, and about six or seven inches wide, and cut two or three slices, either for cutlets or a small pie; mind to leave it smooth, and fasten the skin down with small skewers.

**BOILED LEG OF MUTTON**.—It should soak two hours in cold water, and be boiled in a cloth. Serve with caper-sauce, mashed turnips



greens, and carrots. Or, for a small family, two dressings may be made thus:—Cut off a fillet, as of veal, to roast with or without stuffing. If covered with a coarse paste the juices will be retained, but if wanted for soup it must be carefully and slowly boiled in water. The English taste being in favour of raw meat, this joint is esteemed to be in perfection when underdone. A few slices cut off immediately, well peppered, and sent into the kitchen to be broiled, will be found a great improvement upon boiled mutton. It is sent to table with caper-sauce. Members of the Yacht Club and captains of ships are recommended, when they have fresh mutton, to tow it overboard for some hours, and then lay it up in the shrouds. It will then be coated with briny particles, which will effectually keep in all the juices. Shoulder of mutton is sometimes salted and boiled, and served up smothered with onions.

**NECK OF MUTTON.**—Boil the neck very gently until it is done enough, then, half an hour or twenty minutes before serving, cover it thickly with bread-crumbs and sweet herbs chopped, with a little drawn butter or the yolk of an egg, and put it into a Dutch oven before the fire. By this process the meat will taste much better than if merely roasted or boiled, the dryness attendant upon roasting will be removed, and the disagreeable greasiness which boiled meat, mutton especially, exhibits will utterly disappear. Too much cannot be said of this method of dressing neck and breast of mutton, for the liquor they have been boiled in will make very good soup. The latter, the breast, after being boiled, may be boned, covered with forcemeat rolled round, and then roasted. The best end of a neck of mutton makes a good roast, but even the scrag may be sent to table when cooked according to the above directions.

**TO KEEP VEAL.**—The first part that turns bad of a leg of veal is where the udder is skewered back. The skewer should be taken out, and both that and the whole of the meat wiped every day, by which means it will keep good three or four days in hot weather, if the larder be a good one. Take care to cut out the pipe that runs along the chine of a loin of veal, as you do of beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off, and the inside of the breast wiped and scraped, and sprinkled with a little salt.

## Vegetarian Cookery.

### SOUPS (THICK).

THE following Soups are purposely made thick, as watery foods do not give sufficient nourishment to support the body in vigorous health.

**HARICOT BEAN SOUP.**—Ingredients: Two teacupful of beans, half pound of onions, one pound of potatoes, one pound of turnips, half ounce butter, two quarts of water, pepper and salt to taste. How made: Wash and steep the beans in cold water all night. In the morning put on in fresh cold water, with the onions sliced, the butter, and a little salt, three hours before wanted. An hour after add the potatoes and turnips, peeled and sliced. Boil the whole slowly, stirring occasionally. If required thicker, add quarter pound of bean flour, mixed in a little cold water, twenty minutes before serving.

**RICE SOUP.**—Ingredients: One teacupful of rice, one quart of water, one quart of milk, four ounces of bread crumbs, three onions, a small handful of parsley, and half ounce of butter. How made: Wash and steep the rice all night. In the morning put on, with the onions sliced and parsley chopped in the milk and water, two hours before needed. Three-quarters of an hour previous to serving add the bread crumbs and butter, and season with pepper and salt.

**MACARONI SOUP.**—Ingredients: Quarter pound macaroni, one quart of milk, one quart of water, half pound of onions, three ounces of stale bread crumbs, half ounce of butter. How made: Soak the macaroni for two hours in cold water and put into the milk and water when boiling; then add the bread, onions sliced, butter, pepper, and salt, and boil an hour and a quarter, stirring occasionally. Can be taken alone or with bread, either toasted or not, according to the time and taste.

**LENTIL SOUP, 1.**—Ingredients: Half pound of lentils (red), four small carrots, half pound of onions, three ounces of bread crumbs, small handful of parsley, half ounce of butter, and three pints water. For those who do not like the carrot, potatoes or turnips may be substituted. How made: Pick and wash the lentils, and steep in cold water all night. Slice the onions and half the carrot—grate the other half—chop the parsley, and put the whole on in fresh water three hours before required. Half an hour before ready add the bread crumbs, butter, and season with pepper and salt. Stir the soup occasionally.

**LENTIL SOUP, 2.**—Ingredients: One pound of Egyptian lentils, teaspoonful of salt, half ounce of butter. How made: Pick and wash the lentils, and soak overnight. Put on in fresh water, with the salt, two and a-half hours before dinner. Let them boil quickly; stir occasionally. A quarter of an hour before serving add the butter. This makes an excellent dish, eaten with rice boiled in water.

**LENTIL SOUP, 3.**—Ingredients: One pound of Egyptian lentils, one pound onions, two pounds peeled potatoes, half ounce of butter, two quarts of water. How made: Pick and wash the lentils, and steep all night. Put on in fresh cold water with salt two and a-half hours before wanted. When boiling add the onions, peeled and sliced. An hour previous to serving add the potatoes sliced, the butter, and season with pepper and salt.

**LENTIL SOUP, 4.**—Ingredients: Half pound of lentils, six ounces of pearl barley, three-quarters of a pound peeled potatoes, one pound of turnips, half pound of onions, half ounce of butter, two quarts of water. How made: Prepare the lentils as before described. Steep the barley all night. In the morning put both on in fresh cold water three hours before wanted, with a little salt. When boiling add the vegetables peeled and sliced, the butter, and season with a little pepper and salt. Let the whole boil gently, stirring frequently.

**VEGETABLE SOUP, 1.**—Ingredients: Four carrots, one large cabbage, one large turnip, one dozen moderate-sized potatoes, eight or ten leeks or four middling-sized onions, one handful of parsley, one teacupful of pearl barley, two teaspoonfuls of thyme, three saltspoonsful of salt, one of pepper, one ounce of butter, half pound of pea or lentil flour, and three quarts of water. How made: Steep the barley over night. Put it and the onions sliced on in the water three hours before required—say at 10 a.m. At 11 put in the carrots, part sliced and part grated, the turnip sliced, and parsley and cabbage cut fine. Be careful to have the soup boiling when the latter is put in. At 12 add the potatoes sliced, butter, and seasoning. Twenty minutes before needed mix up the pea or lentil flour into a smooth paste with cold water, and add to the soup. Stir occasionally to prevent burning.

**VEGETABLE SOUP, 2.**—Ingredients: One and a-half teacupful of pearl barley, two of dried peas, one of small haricot beans, four carrots, one large turnip, one dozen potatoes, one pound of onions, pepper, salt, thyme, parsley, and butter, as in No. 1; nearly four quarts of water, and quarter pound of pea or bean flour for thickening. How made: Steep the beans, peas, and barley all night. At 9.30, for dinner at 1 p.m., put them on, and when boiling add the onions sliced. At 11 the carrots, part sliced and part grated, turnip and potatoes sliced, and the butter and seasoning. Boil the whole slowly, stirring occasionally. Add the pea or bean flour in the same way as in Vegetable Soup No. 1.

**CHEESE SOUP.**—Ingredients: One pound of onions, one and a-half pounds of potatoes, six ounces of cheese, three ounces of bread crumbs, half ounce of butter, three pints of water, pepper and salt to taste. How made: Peel the onions and cut into quarters; put on in boiling water, with salt, one and a-half hours before needed. Peel and slice the potatoes, and put in half an hour after with the bread crumbs (odd pieces of crust will do, if cut small), butter, and seasoning. Five minutes before ready add the cheese, either grated or cut into thin slices. If not thick enough, add more bread crumbs.

**POTATO SOUP.**—Ingredients: Two and a-half pounds of potatoes, one pound of turnips, half pound of onions, half ounce of butter, two and

a-half quarts of water, five ounces of stale bread crumbs. How made: Peel and slice the vegetables, and put on in the water, with a little salt, two and a-half hours before wanted. When boiling add the butter and bread crumbs, and season with pepper and salt.

**PEARL BARLEY SOUP.**—Ingredients: Two teacupful of barley, six small carrots, half pound of onions, one pound of potatoes, handful of parsley, two quarts of water, or, if convenient, half milk, half ounce of butter, pepper and salt to taste. How made: Wash the barley and steep all night. In the morning, three hours before required, put on in fresh cold water. When boiling add the onions, peeled and sliced, and carrots, part grated and part sliced; then prepare the potatoes and parsley, put them in, add the butter and seasoning, and boil the whole slowly till ready, stirring occasionally.

## THE TOILET.

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### To Make Soft Pomatum.

TAKE what quantity of hog's lard you choose to make; cut it in small pieces, and cover it with clear spring water, changing it every twenty-four hours, for eight days; when it is quite white, put it into a pan, and melt it over a clear fire; when it is all melted strain it, and put to it some essence of lemon to perfume it; so keep it for use.

### To Make Hard Pomatum.

For hard pomatum, blanch the hog's lard in the same manner, as also some mutton suet, and boil them together with a little white wax; scent it with essence of lemon or lavender; then make round paper cases, pour it in them, and when cold turn down the other end, and keep it for use.

### Genuine Windsor Soap.

To make this famous soap for washing the hands, shaving, &c., nothing is more necessary than to slice the best white soap as thin as possible, melt it in a stewpan over a slow fire, scent it well with the oil of carraway, and then pour it into a frame or mould made for that purpose, or a small drawer, adapted in size and form to the quantity. When it has stood three or four days in a dry situation, cut it into square pieces, and it is ready for use. By this simple mode, substituting any more favourite scent for that of carraway, all persons may suit themselves with a good perfumed soap at a trifling expense. Shaving boxes may be at once filled with the melted soap instead of a mould.

### To Make Cold Cream Pomatum for the Complexion.

Take an ounce of oil of sweet almonds and half a dram each of white wax and spermaceti, with a little balm. Melt these ingredients in a glazed pipkin over hot ashes, and pour the solution into a marble mortar; stir it with the pestle until it becomes smooth and cold; then add gradually an ounce of rose or orange-flower water; stir all the mixture till incorporated to resemble cream. This pomatum renders the skin at once supple and smooth. To prevent marks from the small-pox, add a little powder of saffron. The gallipot in which it is kept should have a piece of bladder tied over it.

## THE FISH SUPPLY.

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(FROM OUR GRIMSBY CORRESPONDENT.)

*Wednesday.*—Fish continues very scarce, and prices for almost all kinds rule high. Ccd, coalfish, gurnards, haddocks, and whittings are all now out of season, and are becoming dearer. Conger eels have just come in, but they continue very scarce, and prices are about the same as mentioned in my last. Mackerel, shad, soles, and sturgeon are just coming in; but are as yet in very poor supply, and sell at high rates. Several of the prime kinds of line fish, such as halibut, ling, &c., go out with April, and the quotations already show an upward tendency.



## HOME DECORATION AND FANCY NEEDLEWORK.

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## MATCH SCRATCHER.

A smart little match scratcher can be made of bevelled edge tinted cards; they come in the form of panels, squares, palettes, and stars. Glue a pretty Christmas card on the front of them and a piece of sand-paper on the back. Suspend them with fine silk cord or tiny ribbon. They are very ornamental for Christmas trees.

## JAPANESE HAIR-PIN RECEIVER.

A novel hair-pin receiver is formed of a doll's Japanese parasol. Run a thread around the inside of it near the top and draw it up to the desired size. Fill it with curled hair and knit the cover out of bright yellow zephyr in this manner: Set up twenty stitches, knit across plain; knit the first stitch of the next row plain, the remainder by winding the zephyr around the first finger and needle four times, and knit it as if it were plain knitting; the last stitch is knit plain; every other row is knit in this way, the alternating one plain. When you have knit enough to make it square, bind it off. Slip the handle of the parasol through the centre of it, tuck it in around the hair, and fasten it by a stitch here and there around the edge of the parasol. A little yellow bow is tied on the handle, and a loop to hang it up by.

## LINEN APRON.

A pretty and serviceable apron is illustrated here, made of blue plaid linen toweling; a yard will make one. The feather stitching is done with blue working cotton, the thread that is drawn through the open space is also of the blue cotton. A bow of blue ribbon is fastened on the belt at the left side. Red plaid can be used, but is not as effective as blue. Pretty and durable scarfs for the bureau and wash-stand are made of the toweling; in this case circles are worked in the blue cotton where the plaids cross each other. Little blue tassels are made of the cotton and fastened in the fringe across the ends. Cushion and mats for the bureau are made in the same manner.

## KNITTING STOCKINGS.

KNITTING silk stockings is the present craze. Knitting-silk in all shades comes in half-ounce balls, numbered 300 and 500. No. 300 is best for ordinary use. It takes about four ounces for a lady's stockings. From this may be readily judged the quantity required for stockings of a smaller size. It is customary to allow from two to four ounces for a child's stockings, two and a half to three for gentlemen's socks. With No. 300 silk use No. 18 needles; with 500, 19. Four needles will be required.

The following is the plain pattern for a lady's stocking. It may be varied according to taste:—

Cast on one hundred and fifty-two stitches for a medium size. Divide the stitches so that one needle contains fifty stitches, the next fifty, and the next fifty-two. The fourth needle, of course, is the working needle.

Knit one round plain. At the beginning of the round catch up the short thread left after casting on, and knit it in with the working thread, for a few stitches, to hide the join at the beginning.

Begin with the second round to form the ribbing thus:—

Knit two plain, two purl, two plain, two purl, &c.

Repeat until a band of ribbing, an inch or more in depth, has been formed. Two inches is a good depth. When as deep as desired, form a finish to the ribbing by working one round in purl.

Now mark the first stitch in the round. It

may be found by referring to the short thread at the beginning of the work and counting upward from the actual point at which the thread would hang if not caught in. This first stitch in the round must be purled to form the seam for the back of the stocking.

Purl one for seam, knit rest plain for every round, until about twelve inches have been worked. Then begin to narrow for leg as follows:—

Purl one, two plain, knit two together. Then knit plain, until four stitches of the round remain unworked. Knit two together, knit two plain.

Next knit five rounds as before—that is, purl one, knit rest plain, and then work another narrowing round exactly like first. All the narrowing rounds are worked in exactly the same way, and every succeeding two must have five ordinary rounds between. So continue until fifteen or sixteen narrowing rounds have

begin to narrow. It would be well to divide the stitches so as to have thirty upon one needle, thirty-one on another, leaving all the foot stitches upon the third.

Now knit twenty-six plain, knit two together, knit two plain, purl one, knit two plain, knit two together, knit twenty-six plain.

The three succeeding rows are:

1st.—Purl all but seam stitch—which knit.

2nd.—Knit all but seam stitch—purl it.

3rd.—Purl all but seam stitch—knit.

Next row narrow as above. This row, of course, contains a less number of stitches. Work five or six narrowing rows, with three as above, between every two narrowing ones. The heel now measures about two and a half inches in depth.

Close the heel thus: Knit plain to middle of heel, knit three middle stitches together (the seam stitch and one on each side). Now fold the heel so that the two needles will face each other, a stitch opposite every stitch. Knit two stitches together at once, one upon each needle, at the same time casting off. Continue to end, leaving one stitch on needle.

Now turn heel sidewise, pick up about twenty-seven stitches upon its side, proceeding from right to left. Pick up about three stitches at corner of heel for gusset. Then knit all the stitches left upon needle, until the other corner of heel is reached, when pick up three stitches for gusset. Next pick up twenty-seven stitches upon other side of heel, thus completing one round. The needles should now contain about one hundred and twenty stitches.

Knit plain in rounds for about four inches. Then narrow for toe as follows:—

Knit two together, eight plain, two together, eight plain, &c.

Knit eight rounds plain.

Knit two together, seven plain, two together, seven plain, &c.

Knit seven rounds plain.

Knit two together, six plain, two together, six plain, &c.

Knit six rounds plain.

Knit two together, five plain, two together, five plain, &c.

Knit five rounds plain.

Knit two together, four plain, two together, four plain, &c.

Knit four rounds plain.

After this divide every round into thirds and narrow once in each third. So continue until each needle contains two stitches. Break off thread, and with a darning-needle pass the thread through the six stitches, drawing them to a point, fastening thread on inside of stocking.

The colour chosen may be uniform or varied, according to taste. The ribbed band at top may be of a contrasting shade, if desired. It will always be found satisfactory to have the heels and toes white. Striped or plaid stockings may be made by using two or more threads of varied tints, passing one behind another when required to form the stripes or bars. If liked,

shells may be crocheted around the top, these serving to lengthen as well as ornament a stocking. Clocks, sprays, or borders may be embroidered upon the completed stocking, in bright or dull colours, according to fancy.

In place of the ribbing at the top may be substituted a pretty pattern, as in the wrist of a mitten. In the same style a pattern may be run down the front, around the ankle, or upon the instep. Some stockings are knitted in basket work, as are leggings, and others have a band of ribbing around the ankle.

Basket work consists simply of alternate square blocks, composed of plain and purl stitches. If it is desired to run ribbon through the top, a row of holes should be made. To make a hole in knitting, simply throw the thread around the needle twice; knit one loop, purl one loop in next row or round, and knit two together over every hole in next.

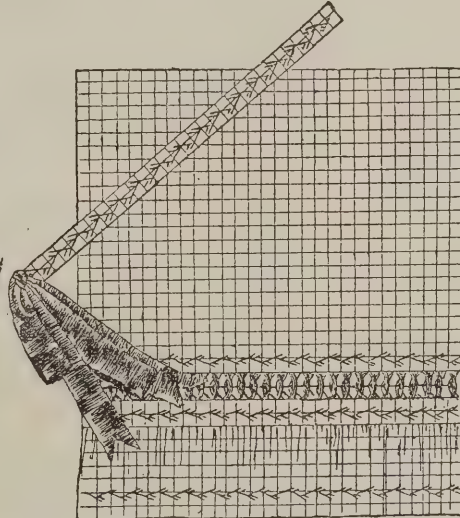
Other stockings are ribbed throughout, except heels, soles of feet, and toes. The narrowings



MATCH SCRATCHER.



JAPANESE HAIR-PIN RECEIVER.



LINEN APRON.

been made. This brings the work down to the ankle. The needles should now contain about one hundred and twenty stitches.

The rounds for ankle are worked regularly. Purl one, knit rest plain, until about three inches have been worked. The whole length of stocking before dividing for heel should measure from twenty-two to twenty-three inches, varying a little, of course, according to size of person.

Divide for heel as follows:—

Purl one, knit thirty plain. Leave rest of stitches on needle, purl thirty back to beginning of round, knit one for seam, purl thirty on other side of seam stitches. The heel is to be formed upon these sixty-one stitches, the other stitches being left on needles. Knit heel backward and forward in rows, thus:—

1st.—Knit thirty, purl one, knit thirty.

2nd.—Purl thirty, knit one, purl thirty.

More stitches than sixty-one, or fewer, may be taken for heel if required.

Continue as above for about an inch, then



for such stockings are made in the seam down the back.

For a gentleman's sock cast on from one hundred to one hundred and ten stitches. Knit about two inches of ribbing, then two inches plain. Narrow seven times, with eight rounds between each two narrowing rounds. Knit plain for ankle. Divide for heel when whole sock has attained length of eight or nine inches. Knit about three inches for heel and seven or eight for foot.

For a child's stocking, cast on from sixty to one hundred stitches. Knit from two to twelve inches before narrowing, and preserve the correct proportions throughout.

The methods given above, for narrowing for heel and toe, are in common use. But there are other ways sometimes recommended.

To turn the heel, Welsh fashion, knit plain for about an inch. Then divide the stitches evenly into three groups and narrow uniformly by knitting together the stitch upon each side of the middle group, and the stitch next it in the outer group.

The toe may be narrowed by knitting two decreasing rounds, with three rounds between, two with two between, two with one, then every round, &c., and then knitting together and casting off the remaining stitches, from twenty to forty, together, as in the common way of finishing heel.

The following are pretty patterns, which may be introduced in stockings:—

First pattern, for a number of stitches divisible by eight.

1st round.—Purl three, throw thread over, knit two together, knit three. Repeat.

2nd round.—Purl three, throw thread over, knit one, knit two together, knit two. Repeat.

3rd round.—Purl three, throw thread over, knit two, knit two together, knit one. Repeat.

4th round.—Purl three, throw thread over, knit three, knit two together. Repeat.

5th round.—Purl three, knit three, knit two together, throw thread over. Repeat.

6th round.—Purl three, knit two, knit two together, knit one, throw thread over. Repeat.

7th round.—Purl three, knit one, knit two together, knit two, throw thread over. Repeat.

8th round.—Purl three, knit two together, knit three, throw thread over. Repeat.

Repeat as often as desired.

Second pattern—repeat as desired :

1st round.—Draw second stitch forward over first. Knit second, knit first, purl one, knit one. \*Throw thread over once, purl one. Repeat from \* eight times, purl one. Repeat.

2nd round.—Knit two, purl one, knit one, knit one loop, &c., purl one. Repeat.

3rd round.—Knit two, purl one, slip one, knit one, pass slipped stitch over one knitted (that is, "slip and bind"), knit thirteen, knit two together, purl one. Repeat.

4th round.—Knit two, purl one, slip and bind, knit eleven, knit two together, purl one. Repeat.

5th round.—Knit two, purl one, slip and bind, knit nine, knit two together, purl one. Repeat.

6th round.—Knit two, purl one, slip and bind, knit seven, knit two together, purl one. Repeat.

Silk socks and stockings are now considered elegant presents. They cost more in the beginning than other stockings, but as they wear for years, they are the more economical in the end.

## THE UNRIVALLED DAINTY.

—:o:—

Oh, rare invertebrate ! thy praise be mine ;  
What joy lies hid within that crusty coat !  
What power to please the palate e'er is thine !  
What welcome waits thee from th' impatient throat !

Stewed, fried, or roasted, panned, or on the shell,

Or broiled—no matter how they choose to serve thee ;

Thy odours, all my senses quick compel,  
And for a gastronomic battle nerve me.

No dainty yet prepared on earth's broad range  
Can match thee, fresh from out thy pearly cloister ;

Thy name ? We'll breathe it—Shakspeare's line to change—

Unrivalled dainty ! sure, thy name is oyster ?

## WOMAN IN THE HOUSEHOLD.

—:o:—

### DOORS, AND HOW TO DEAL WITH THEM.

SHUT them is no doubt the first method suggesting itself to the thoughtful head of a family. But this heroic treatment is not always necessary in the present reign of portières. Sometimes a door opening inward displays a surface totally inharmonious with the decoration of the interior ; and many people submit to the annoyance with helpless resignation, seeing no remedy for what is really not a difficult matter.

If the style of the room permit, a Japanese kakemono, or picture on silk, may be hung upon the frame. A fine Eastern rug or a prayer-carpet, with a pattern usually so managed long ago by the pilgrim who owned it as to point in the direction of Mecca, or any other quaint product of an Oriental loom, in your possession, might be hung on the offending door, and would transform it into a most inviting point of observation. A plaqué of Benares brass would be secured on this.

An embroidered door-hanging has been of late a popular bit of needlework. One of these in width corresponding with the door, is made of Venetian yellow raw silk, covered by brown velvet, connected by an arabesque of blue silk and gold thread. Loose peacocks' feathers are worked on the body of the stuff.

The same, when carried out in olive mosaic cloth, with plush to match, is extremely good. The entredeux of silk and gold thread may be worked in haphazard stitches, without regularity or purpose, other than keeping in view the other to be displayed.

When you desire to paint your panel designs in water-colours, with tinted or gilded background, always consider first the relation of colour between woodwork and walls.

The skirting-boards, window-frames, and doors should always be darker than the walls, and the walls, in turn, darker than the ceiling.

If your paper, for instance, be a decided bird's-eye blue, a rich effect in colour may be gained by painting doors and windows a dull Indian red. If yellow prevails on the walls, a dark, low-toned Antwerp blue may be used on the woodwork ; if Pompeian red, dry dark bronze, green doors and skirting.

With sage green on the woodwork, tint your woodwork with two shades of grey green and outline it with red. Black, maroon, chocolate brown, orange green, are all used as the papering demands them.

Upon woodwork thus painted in sombre, flat colour, the amateur may find pleasure in thus applying a new form of decoration, resembling the one still used for mural adornment in Italy.

This consists in gilding through stencil plates improvised by the operator, using a brush charged with liquid gold, which can be bought by the bottle of any dealer in artists' supplies.

A variety of figures may be drawn upon cardboard, then cut with sharp scissors, leaving space and perforations through which to apply gold over sizing.

Round, square, quatrefoil, lozenge-shaped, or crescent patterns may be used, which, when dotted irregularly over the door-frame and panels, not too close to each other, make a charming decoration.

Oblongs of grey lines have been embroidered in crewel to insert in the door-panels ; and gold paper, painted over a ground of Chinese white, with sketchy wild flowers in water-colour, is also used for this purpose.

Painting with oils is a more durable style of decoration, to be executed in the ordinary way. The wood may be plain or gilded ; the design either flowers, foliage, birds and butterflies, heraldic ornaments, or monograms.

Ascending from living-rooms to nursery, the doors offer a delightful opportunity to offer pleasure to our little ones.

The figures of Punch and Judy, with their well-known train of attendants, may be painted upon the panels, or a series of designs taken from the beloved *St. Nicholas*. By those amateurs unable to post themselves in sketching the design, it may be transferred to the panel by means of the ordinary red paper. The Marcus Ward or Walter Crane toy-books with gilded background are good models in colour. This should be laid on flat, without shading, stippling, or cross-hatching.

The same pictures are often used to paste over nursery doors, or a green mosaic of odds and ends of birds, and beasts, and figures, and cut out from their mountings to apply with paste just where the combination promises most amusement to the infant spectators, has proved a great success.

### JAPANESE ART FOR DECORATION.

Before the now reigning fancy took possession of us a gentleman while visiting an official of high rank in Japan, at his summer residence, was delighted with the effect of a room having wall-paper covered with open folding fans of every imaginable tint and pattern, no two of them alike. A duplicate of these hangings was ordered by the Japanese dignitary, in compliment to his friend, and in due time arrived ; and here these brilliant combinations and contrasts of colour may still be seen in a room devoted to the displays of Japanese curios and antiques.

Lengths of Japanese wall-paper imitating this effect can be bought. They are useful in constructing a screen of home manufacture. Three of them will suffice for three panels, the reverse side to be lined with wall-paper of dull blue or red, with a small design pattern in chased gold. Edge with black picture-moulding or with split bamboo.

A pretty hand-screen may be made by embroidering in silk and gold thread over the pattern printed on a Japanese paper fan. Line with cardinal, blue, or old gold silk, and edge with narrow gold cord. Tie a bow of wide satin ribbon to match upon the handle.

A round Japanese screen has been cut square, and covered with pale blue silk ; then a Japanese landscape or figure-scene is painted in. This, bordered with a hedge of narrow velvet, had a bow of maroon and pale blue satin on the handle.

Transparent silk or gauze, painted with iris, lotos, or leafless hawthorn, and gilded fans of the better quality, are charming hand fire-screens. Tiny fans, representing the designs of larger ones, have been used to form the border of a table-cover in Japanese blue cloth, when they are caught in place by stitches of coloured silk.

A frieze and trophy of Japanese fans are suitable for smoking-rooms, or for the sitting-table of a sea-side or country cottage fitted up for summer occupancy.

Huge Japanese palm fans, made of the natural leaf and stem of the palm, painted in gay bands of red, blue, and green, are sometimes found, and are rather effective when crossed upon a wall above a folding door.

Kakemonas, or Japanese wall-papers, painted in transparent painted water-colour upon creamy silk or gauze, and mounted on lengths of brocade ending in wooden rollers tipped with ivory, are things of beauty that should drive into eternal banishment from our homes many a specimen of cheap art in the way of framed pictures.

The prettiest of these paintings are of flowers—flowers as the Japanese know and love them : purple iris, or stately lotus that blows by every winding creek ; rose azaleas, growing massed upon their hill-sides ; plum-blossoms of early March, camellias and chrysanthemums, wind-toned wistaria and blossom-laden cherry bough.

For foliage they use gentle shoots of young bamboo, mellow leaves, cryptomeria, and pine twigs delicately drawn ; while birds, and butterflies, and fine-winged insects flit among the branches. Then there are symbolic landscapes, with waterfall, mountains, tea houses, snow scenes—or girls clad in exquisite raiment of dove colours, and painted pink with silver sprays, or with deep blue quilted with scarves of gold and crimson.

Japanese lacquered furniture is now imported in shapes of exquisite lightness—the dull background of lapis lazuli blue or red on the table and cabinet, having traces of burnished gold.

Mechanically considered, many of these specimens of handicraft are without a flaw. Every detail is properly balanced ; every part fits.

The perfect refinement of these decorations is in marked contrast with that laid in cloth brushloads upon the familiar red surfaces, which in the eyes of many represent Japanese art in its efforescent state.

Unfortunately, one element is a sworn foe to this lovely lacquered furniture, which is liable



to shrink and fall apart when installed in our overheated houses.

There are, however, more durable cabinets and tray-stands to hold a vase of flower-pots, and many little objects of gold lacquer, carved ivory, amber goods, and cornelian, besides bronzes, porcelain, and pottery, we may secure to comfort our souls with.

It is impossible to dismiss the subject of Japanese art—so rich an element of decoration in modern houses—without mention of their stuffs. Of these one may turn over almost as delightful a variety as in Kiyote itself on the counters of several shops in London.

Beautiful silks and brocades from the looms of Nishingen; crêpes of finest texture; fabrics of clinging woollen, soft in hue and decorated with artistic patterns; and chintzes in melting tints of ivory, amber, blue-grey, and rose colour, with streaks of gold and silver upon designs of a darker shade than the ground.

For those who protest against house decorations as gaudy and conspicuous, we give the following description of a native interior, from the pen of a lady who recently occupied it.

"The whole front of my room is composed of shoji, which slid back during the day. The ceiling is of light wood crossed by bars of dark wood, and the posts that support it are of dark polished wood.

"At one end are two alcoves with floors of polished wood. In one hangs a wall-picture—a painting of a blossoming branch of the cherry on white silk—a perfect piece of art, which in itself fills the room with freshness and beauty.

"On the shelf in the other alcove is a very valuable cabinet with sliding doors, on which peonies are painted on a gold ground. A single spray of rose azalea in a pure white vase hanging on one of the polished posts, and a single iris on the other, are the only decorations. The mats are very fine and white, but the only furniture is a folded screen with some suggestion of landscape in Indian ink."

(To be Continued.)

## EATING AS THE SPANIARDS EAT.

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MR. G. R. SIMS, the well-known journalist and dramatist, is now in Spain; and in the columns of the *Referee* thus describes the Spanish mode of living:—

"I stayed at an excellent French hotel in Madrid, but I got tired of the French table d'hôte. I wanted to eat as the Spaniards eat. One evening I persuaded a Spanish gentleman to take me to a real Spanish middle-class restaurant, and let me taste the fare of the country. The Spaniards are a frugal and moderate race. Two or three dishes and dessert—that is their dinner. There is no long bill of fare, as among the French.

The restaurant was a quiet room on the ground floor of a modest-looking house. There were one or two families and several single gentlemen dining. The women wore handkerchiefs on their heads and shawls over their shoulders. People dropped in, had a soup and a dish of meat, an orange and some nuts, and went away satisfied. Our bill of fare was more extravagant, but it created a sensation. The landlord and all the waiters came in turns to look at the extraordinary Englishmen who had such gigantic appetites.

"Here is the exact *ménú*. We began with olives and pickled pimientos and guindalias and chilis. These were the *hors d'œuvres*. Then cigarettes. Then we had an ordinary thin soup, followed by cigarettes; and then came the great national dish, called *cocido*. If you have a good dish of *cocido* (pronounced *cotido*, because of the Spanish lisp given to the *c* before certain vowels) you have a good deal for your dinner. It is a savoury stew of chicken, potatoes, sausage, bacon, and white beans, all boiled up with pieces of beef. In most Spanish families this is the everyday dish. Of course the poorer classes have to leave out some of the ingredients, except on festive occasions. In Andalusia the peasants will sit round a huge panful of their version of this article. It is made according to their means, and often vegetables are plentiful, but the pieces of meat few and far between, and each man ladles it out by spoonful into his mouth. Plates are dispensed with.

"The foreigner who is suddenly confronted with a huge dish of *cocido*, and politely requested to help himself, is in some difficulty. He takes a spoonful at hazard. The waiter still stands at his elbow. 'The senior has only taken beans.' Again you make a dash with the spoon, and secure something else. The waiter stares, but does not move away. 'The senior has only taken sausage.' The senior, confused, requests the waiter to assist him; and then the process, though slow, is interesting. A spoonful of beans on the plate; then, selected with the greatest care, a piece of chicken; then a patient search for a slice of sausage buried under a mound of cabbage; then the cabbage itself; then a minute devoted to a voyage of discovery in search of the nicest piece of beef; then an exploration in search of a succulent morsel of bacon; then a spoonful of the potatoes; and then, over all, an extra spoonful of the beautiful gravy. I timed my waiter, and he took six minutes and a half to help me to *cocido*. When the dish passes down a table d'hôte it takes about an hour to go round. It is for this reason that the Spaniards help themselves all together at the same time from the common dish.

"The *cocido* was excellent. Well cooked, it is a dinner for a king. I intend to introduce it into England upon my return; but I am afraid it will give rise to a good deal of ill-feeling in families. Somebody will get all the slices of the sausage, and then there will be recriminations and angry words. We have neither the patience nor the politeness of the Spaniards; and *cocido* is a dish that requires a good deal of both.

"The next item after cigarettes was a Spanish salad. This salad is prepared in a peculiar way, and spread out upon bread into which the oil and vinegar have been allowed to soak. This, too, was excellent. Then more cigarettes; then a cheese made of honey, and cream, and several other ingredients which require to be taken on trust; and then, after more cigarettes, some 'angel's hair,' which is really a preparation of orange-rind very thinly shredded. More cigarettes, then an orange, raisins of Malaga, and almonds and Barcelona nuts, dried and salted, and delicious. I am so enchanted with these 'almindras' that I have made all my boxes overweight with them. The wines with this feast were Valdepenas—a red wine made from grapes grown on the rocky plains around Madrid—and Jerez, which, of course, is sherry. I have been to Jerez lately, and, having seen the extent of the vineyards, I beg to add that, though Jerez is, of course, sherry, it does not follow that all sherry is Jerez—very very far from it—often thousands of miles from it. And we wound up with more cigarettes.

"To finish the evening in a real Spanish way, after going to a rather low Spanish café to see the real Spanish dancing, we had before retiring to rest 'Dos chocolates con picatostes.' And that, if you please, is two cups of thick chocolate, with square fingers of bread beautifully fried in olive oil. And we weren't ill."

## HINTS ON DRESS.

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### WHAT WILL BE WORN.

WRITING on this subject to the spring issue of the *Warehousemen and Drapers' Trade Journal*, a West-end correspondent states that even in matters of dress we are to have a Jubilee year. In fact, one of the most magnificent of the brocades manufactured for this season's drawing-rooms is called the "Jubilee Brocade," the design being composed of the Star of India, with the rose, shamrock, and thistle of the United Kingdom in various colours, and some admixture of gold, silver, and tinsel. Then we have "Jubilee serges," "Jubilee woollens," and "Jubilee carpets;" and as to the Jubilee badges prepared to be worn on the Jubilee day, they are numberless. In fact, we are likely to be very tired of the name before the year is out; though after June, perhaps, we shall hear less of the subject.

In the way of dress materials for daylight there seems a decided tendency to keep woollen to itself, and mix velvet with silk only. In the way of silks, we find plain silks are more de-

cidedly the fashion than they have been for many years; and at the top of the tree is our old friend black silk—the most serviceable and becoming dress that ever was invented, until the foolish manufacturers took to adulterating it, when everyone was obliged to give it up, as few people could afford to purchase a good dress, and find it shiny and unwearable after a second or third wearing. So now it rests with the makers how long this favourite material shall remain in fashion. There are several new makes, which are pretty under different names—taffetas, lampas, faille Française, silk serge, Italian silk, and *peau de soie* in all colours. Then there is a vast army of thin silks, which will be much worn for evening dresses, mixed with tulle and lisse.

"Roman satin" is a material which has recently been called from the regions of upholstery, and the office of covering chairs and tables, and making chair-backs, embroidered in silk and woollen, into the region of dress. It has several good qualities. It is very serviceable in wear, and drapes in lovely folds. For bridesmaids' dresses it has been recently used at more than one stylish wedding, and the colours in which it is made are singularly rich and peculiar—more like the hues embodied and immortalised by the great masters in their pictures than our modern garish tones. It is very plainly made up in wide pleats and full draperies. *Moire* has also become a very fashionable material, and is now removed from the category of old ladies' materials; and even young girls wear it for the evening mixed with thin materials, such as white and black laces, canvas net, and tulle. The watering is not so large as it formerly was, and is arranged in stripes more or less regular in width.

In woollens the generality are found to be fine in the weaving, and with a smooth face. Though there are still a few to be discovered which show the influence of last year's extremely coarse and loose texture, a few vigognes are seen; but the majority are checked woollen materials, with more or less *voyant* designs. The chief style in checks is to leave a three-inch space in the middle of the check, surrounded with six or eight lines. They are extremely ugly, but will be popular, no doubt. The same design is found in cotton materials, though in both (fortunately for people of quieter tastes) faint and soft-hued checks may be found.

In skirts, long draperies are as much used as ever, and when pleats are made they are large and decided. "Ladies' tailors" are making up some skirts with three or four box-pleats, so large as to take up the whole of the front part of the dress. In this case the edges of the pleats meet, and a row of buttons is placed on each side, with an interlacing cord that reaches to the feet within fourteen inches or so. All dresses are mounted on silk foundations, even if woollen, as it is so much firmer and lighter in wear. In dresses made of two materials the large checked portion generally forms the petticoat; but if a small check or stripe, it is then made into the bodice and tunic. No deep killings are seen with short draperies; all the latter are long, and the long crinoline, or dress-improver, reaching to the edge of the skirt at the back, is no longer worn, nor does the skirt bulge out at the back outwardly. The present style is to put one, or at the most two, steels in the top of the skirt, so high up that they cannot be sat upon. A small mattress is also put in, and the dresses are very decidedly more tied back this year to the sides than they were last year. The contour is more graceful than that of last year, and there is nothing extreme nor vulgar to be seen in the best dresses turned out from good hands.

"Do you know," said a *bon vivant* as he poured a liberal supply of Worcester sauce over his chop at the club, "that this relish was first introduced as a medicine?" The club man didn't know it. "It was though. It contains at least one of the most nauseating drugs known, assafetida, and the original formula was evolved by a noted physician for a noble patient, whose high living had impaired his digestion. An effort was made to disguise the drugs, and it is generally conceded that the attempt was successful, but they are there all the same."



# Fireside Novelettes.

—:O:—  
REUBEN LEIR.

—:O:—  
CHAPTER IV.

MARTHA LEIR has had an unhappy day—it is so rarely now that the peace of her life is disturbed by strife. Five years ago, before John Leir went to his rest, there used to be frequent discussions—they were hardly quarrels—between the blacksmith and his son—the father so greatly deprecated the son's want of energy and his general easiness of disposition; but when Martha was left alone, Reuben's tenderness and loving care blinded her to all shortcomings, and the mother and son had led a peaceful, happy life, unclouded by any quarrel, till some one told Mrs. Leir that her son was courting Rose Morrison.

She had grown so accustomed to his tender care of her that at first the news came as a painful shock; then, when her common sense told her that this was an event which must be looked for sooner or later, she began to study Rose Morrison, and found no comfort in the study either for herself or Reuben. "What can be hoped for," she said, bitterly, "from the daughter of a French ladies-maid?" and then she spoke to Reuben; but her speaking only produced estrangement and coldness, and she avoided the subject, until her son's frequent absence and silent moods when at home created an irritation in her mind which had at last found voice on the previous evening.

Dinner-time came, and no Reuben; and Mrs. Leir grew troubled. Her son had said he must weed his vegetables, so she had guessed he was on the landslip, but, as the day went on, she decided that he had driven over to Colyton and would be home for supper.

Evening grew into night. The wind had risen, and howled furiously round the cottage, and the rain beat against the windows. Martha

Leir kept a clear fire in the open grate till past ten o'clock. Reuben had never been so late. She could not go to bed. She went to the door and looked out, but a fierce current of air rushed in, blew out her candle, and made it hard work for her to shut the door again.

"He'll never come home through this," she said, "the wind is enough to blow the cart over." At last she went to bed, but it was not easy to sleep through the wind and rain; and the feeling that she and her son had parted without any reconciliation, after the hard words that had been said on both sides, helped to drive sleep away, and even when it came she often roused with a terrified start at the dreams that came along with it.

She fully waked up about four o'clock. Her room was filled with sunshine, and all traces of the storm had disappeared. When she last fell asleep, she had resolved to seek for her son on the landslip; but now the bright morning light made her ashamed of the terror that she had suffered through the night.

All at once she started, listened eagerly, and then, dressing herself as quickly as possible, she hurried downstairs. Roger, the donkey,

had been reared by her husband, and it was his bray that she had heard. She was sure she should know it among a hundred, and she ran downstairs in the glad hope that Reuben would meet her at the gate.

"How frightened I must have been about him!" she said, with a smile of pity at her own weakness. Her heart beat so fast that she could not move as quickly as she wished; but when she reached the gate her face changed to a pale-grey hue, and her limbs shook. She stretched out one hand mechanically, and clung for support to the gate. There was Roger, trying to raise the latch with his broad, soft nose; but Reuben was not to be seen.

Mrs. Leir looked at the donkey as if she expected it to speak, and then she saw that the cord by which it had been tied was hanging from its neck. It had broken loose from its fastenings, and had come home without its master.

But Martha Leir's spirit soon revived. It was possible that, if Reuben had been at work some distance off, he might not at first have seen Roger's escape, and the search for his donkey might have kept him out too late to come home. And yet there were no signs of fatigue about

I may be so bold?"—and he peered at her curiously with his small eyes.

Martha Leir asked herself the same question. She had not courage to tell the universal gossip Peter that she was out thus early because Reuben had not come home all night; but the twinkling eyes were fixed upon her—she was obliged to answer.

"I'm going to the land-slip," she said, trying to appear unconcerned; "Reuben has a bit of land there."

"Aha! that minds me there were summat I had to say to 'ee, Missus Leir. Tell Reuben he'd best not lose his time with Miss Rosie at the quarry-side. Old Peter keeps his eyes open. Her likes summat a trifle faster than Reuben. I sighted her and that French Gaspard a-walking like sweethearts yesterday. A fine lad like Reuben shouldn't be content with other men's leavings."

Peter chuckled. He never took his eyes from Mrs. Leir's face, and he saw that she winced at his words.

"Good morning, Peter," she said, stiffly. "I wish you luck with your fish;" and she climbed the stile and proceeded to mount the grass-cliff which leads to the land-slip. But before she

had taken many steps she wished she had asked for Peter's company; he knew the country thoroughly, and, besides, he would have been a help—help in what she dared not think. She turned to look, but he was already out of sight. She must go on bravely and face whatever misfortune she had to encounter alone.

She reached the little shed and looked under its low, thatched eaves. Yes, there was the donkey-cart, and hanging to a post the broken bit of cord by which Roger had been fastened. A cormorant soared over the cliffs, flapping his huge, black wings. On the path beside the hedge lay Reuben's weeding-spud; and then all at once Martha Leir saw that the hedge itself was broken away.

She stood still an instant, unable to move, and then she leaned forward and looked over the cliff. It was again high tide, and the waves

had nearly reached the wall of the cliff; but it was a quiet, lapping sea; there was no blinding haze of spray to bewilder eyesight, nothing to hide from the mother's eyes the sight that was then waiting for her.

Many feet down the cliff, between the rock itself and one of the fantastic crags that here and there project from it, lay Reuben. He lay on his back, and the white, upturned face looked ghastly in the early light.

"May the Lord have mercy on me!" broke involuntarily from Mrs. Leir's blanched lips; but she did not even sob or wring her hands, as a less self-contained woman would have done. She forced herself to act. She saw she could not reach her son; it was impossible to get down the face of the rock, and certainly she could not climb over the rough masses of granite from below. She must seek help. She looked up, and the huge bird again swooped across just over the spot where Reuben lay. She shuddered; if she went away, the foul bird might attack the senseless body.

But help must be got.

"God will care for him better than I can," she said; and she ran rapidly along the way to



"THE LORD HAVE MERCY UPON ME!" EXCLAIMED MRS. LEIR.

the donkey; he was plainly hungry, and Mrs. Leir opened the gate and let him in to find his way to the shed he occupied at the back of the house. Then she hurried back to her room, put on her bonnet and cloak, and set off towards the sea.

The village round the vicarage and the inn was still asleep when she reached it; but in the green lane leading up from the beach she saw coming towards her a well-known figure in the blue garb of a fisherman. This was old Peter, and the basket he carried showed his calling. It was filled with dabs and gurnet, while over all was stretched a huge and hideous skate, more like a sea-monster than a fish fit for human food.

Peter was a short, square man, with little, twinkling eyes that were never still.

"You be out early, Missus. Now, I had a call to be stirring betimes, seeing as the storm perwented I overnight from so doing, and twad a bin mortal foolish to leave good victual to go stinkin' afore it was cooked; so I just brings it across, and betime I be in Mercombe, and has had a bit to eat and drink, they'll be up and stirring. But why 'ee so early, Missus Leir, if



Mercombe Mouth. "They will be stirring at Williams's by now," she thought; and the hope seemed to give her wings.

Williams's farm was a few hundred yards from the beach, abutting on the green lawn which led from Mercombe. A noisy chorus of pigs clamouring for their breakfast greeted her as she opened the five-barred gate; but she scarcely heard them. She felt she must almost fall down on her knees in thankfulness in the midst of the pig-trodden straw that littered the yard; for there stood, in the front of the farmhouse, not only Joe Tilly, Mr. Williams's factotum and the most experienced fisherman in Mercombe, but Mr. Williams himself. He was dressed ready for a journey, and was busy stowing away various things in the cart that stood before the garden gate; for the house lay some way back from the pig-yard, and he did not see Mrs. Leir; but Joe Tilly saw her, and noted the anguish in her face.

"What ails ye, Missus Leir?" he said, kindly, "its early for ye to be out-doors."

The kindly voice and the look of sympathy took away her courage. She quite broke down.

"Oh Joe? Oh Mr. Williams!" she sobbed, "for God's sake come!—my boy's fallen over the cliff, and he lies there, half-way down."

Mr. Williams's head had been buried in the cart, but he drew it out in a hurry, his red forehead grown purple, and his stiff iron-grey hair bristling up with the shock of the widow's words.

"Bless my soul! d'ye mean it?" he said. "Good Heavens! how did it happen?" Then, he turned to his man. "We must leave this job. Mother'll see to the horse. You, Joe, run for a couple of men and a long ladder and ropes, and a blanket, and follow over the beach. I'll go round to the foot of the cliff. Come, Mrs. Leir, and show me where the poor fellow is;" and then led the way down to the beach.

He did not tell Reuben's mother that he had thus quietly set aside an important journey for her sake. Something in her white, agonised face compelled him to help her and to be silent.

By the time they reached the bay below the landslip the tide had turned, but they could get no glimpse of Reuben—the projecting crag, which looked so small from above, quite obscured the spot on which his mother had seen him.

"Are you sure, missus?" said Williams, speaking for the first time since they had left the farm.

"I'm as sure as I can be," she said, sadly. As she spoke, a great, black bird swooped slowly down and lighted on the point of the projecting crag.

Williams gave a loud cry, and the startled cormorant flew away seaward, uttering a harsh croak as he sailed overhead.

How long the waiting seemed! Mrs. Leir paced up and down, examining the cliff with eager eyes to see if the least chance of a footing thereon was practicable; but there was not a crevice to be found in the hard, close-grained rocks. Then she went as far as she could seaward among the slippery rocks that bordered the beach, to see if she could get a glimpse of the precious burden hanging so high in mid-air. She was recalled by a joyful shout from Mr. Williams.

"Here's Joe!" he cried, "and the ladder."

And Joe Tilly and his two companions came quickly round the angle of the cliff that formed the near corner of the bay.

It was a terrible suspense. Martha Leir could do nothing. She offered to help in holding the ladder, but the men put her gently on one side; they could manage, they said. She could only stand gazing with hard, dry eyes. While two of them mounted, cord in hand, Mr. Williams stood by the ladder. When they reached the spur of rock, she saw one of them get off the ladder; he stooped down. She could gaze no more. She covered her eyes, and prayed for her boy's life.

"That's right; don't look," said kind Mr. Williams; "we shall have him down directly; keep a good heart."

It seemed so long standing there with her eyes hidden by her trembling hands! She started when Williams took her arm and led her forward.

"Good news," he whispered; "his heart beats still!"

## CHAPTER V.

REUBEN LEIR recovers slowly. He was terribly bruised and injured in that awful fall. His leg was broken, and he will never walk again without a stick or a crutch. Martha sits and gazes at her son, scarcely daring to believe he is restored to her, and yet she is so little softened by the trial she has undergone that in her heart she curses Rose Morrison as the cause of Reuben's calamity.

In one way she has learned and profited. In all these anxious weeks of nursing she has found out how kind her neighbours are, and also how helpful outward sympathy is to a heart that has to bear its burden alone. From the vicar to the poorest cottager came some tokens of good-will or offers of help.

Some time went by before Reuben showed consciousness of what had befallen him. When he learned how grave his injuries were, he relapsed into almost constant silence.

About two months have gone by, and Mrs. Leir sits knitting beside her son's sofa.

"There is a tap at the door, mother; are you not going to answer it?" he says—such a strange, shy tone in his voice that his mother looks up. A faint pink streak on each of her son's pale cheeks makes her feel uneasy and perplexed. She hardly knows why, but she goes to the door and opens it.

Rose Morrison is standing in the little garden. Her eyes are full of tears, and she blushes when she sees Martha Leir.

"Wait!" the elder woman says, holding up her hand; and she goes back and shuts the door of Reuben's room. Then she returns, and says sternly to the frightened girl, "What do you want, Miss Morrison?"

"O, Mrs. Leir"—Rose is angry as well as frightened—"don't look at me like that—don't, now! You only make me feel wicked."

"I should like to make you feel unhappy, for you deserve it; that it was you that sent my son nearly to his death I've learned from his talk in his illness; he never speaks of you, now."

"Ah!"—Rose wiped her eyes—"please do let me see him, poor dear fellow. I know the sight of me will do him good, and I am so sorry, and he will believe I am sorry; he is not so cruel as you are. Do let me in; I long to see him again."

Rose's voice is sweet and persuasive, but Martha Leir is flint.

"You long to see my Reuben—you, who could fancy he was content to share you with that French fellow Gaspard! Go along with you! You are worse than I thought you, Rose Morrison. You are not fit even to look on Reuben's face again!"

She puts her strong bony hand on Rose's shoulder, and pushes her from the door, and closes it.

When she goes back to Reuben she is amazed to find that he has dragged himself to the window, and stands there looking out.

"Was that Rose?" Then, without waiting for his mother to answer, "How kind of her to come and inquire for me!"

"Mrs. Leir turns full of wrath, and with a bitter sentence ready, but Reuben is clinging to the casement, trembling and overpowered by the unusual exertion he has made. She puts her arm round him very tenderly, and guides him back to the sofa.

"My poor dear lad," she whispers, "forgive me; I must only think of you."

(To be Continued.)

## INDIGESTION.

Thou art the cause, the secret subtle cause  
Of poet's weird rhapsodic bursts of fire;  
Thou art the mystic force of grief and ire  
Which, garbed in rhythmic gloom obey thy laws.  
Thy touch unfolds perfection's thousand flaws,  
And sound a discord on Apollo's lyre,  
Makes passion pitiful and drowns desire,  
And dims with dire disdain the world's applause  
Fair love, with all thy fascinations sweet,  
Thou dost not lend my poet's fancy wings;  
His muse is kindled by a stranger heat,  
And from a deeper well his anguish springs.  
O dear dyspepsia! by thy power is wrought  
A world of earnest and poetic thought.—Puck.

## TRICYCLING FOR WOMEN.



—10:—  
HERE are a number of women who will not walk. A large portion of them work too hard and need recreation, and the rest work little or none at all, and should have exercise. While much walking would be too laborious for the former, the latter are so indolent, so enervated with idleness, and so overcome with magnifying and dwelling upon every little pain, that walking "would kill them." There is one thing that the afflicted sex can do by way of both recreation and exercise, which is highly pleasurable and healthful, and that is tricycling. As a recreation it need not be carried to fatigue, and as an exercise it will harden and develop the muscles, brace up appetite and digestion, and help to give good health, both in feeling and in appearance. The girl who lacks red cheeks can get them; she who is weak and nervous with brooding over nothing can fly to a new existence, and the pathway is not arduous nor disagreeable, but, on the contrary, highly enjoyable.

But what of the healthy girls? To them tricycling is far more enjoyable than to their weaker sisters. The exhilarating air of the country, the beauties of the landscape, the picturesque and wild of Nature, are all within their command. Of course we do not want to be understood as implying that this exercise is to be carried to the extreme to which the male sex carries it, for this is not necessary in order to obtain the pleasurable exercise that lies within the reach of women in the use of the tricycle. In moderation and without exceeding her strength, a woman can get hours of exercise from a tricycle, and yet can enjoy every moment of the outing.

The practice of tricycling has made great advances in England, where the women, though good pedestrians, prefer the tricycle on account of its speed and the rider's ability to cover longer distances without fatigue than could be covered in walking. American women have much to learn from their English cousins in regard to this exercise. Here they not only make excursions of a few hours or a day, but they go on tours of considerable length, and become acquainted with the charms of the country, which they would see little of were it not for their tricycles.

A physician, in writing of tricycling, says:—"I am of opinion that no exercise for women has ever been discovered that is to them so really useful. Young and middle-aged ladies can learn to ride the tricycle with the greatest facility, and they become excellently skilful. I shall rejoice to see the time when this exercise shall be as popular amongst girls and women as tennis and the dance, for the more fully the physical life of our womankind is developed the better for all." He advances a word of caution against immoderate effort. "For women to try to compete with men, or even with each other, is to spoil all the value which tricycling, reasonably conducted, would confer on them. With much respect I should suggest that women, even when they are young, should be content to ride fifty miles in one day as their maximum effort on such roads as at present exist. For ordinary practice, from fifteen to twenty-five miles a day is quite sufficient."

In a letter to the *Cyclists' Touring Club Gazette*, a lady says:—"My sister and myself have just returned from a tour, having ridden from Leeds to Woodbridge (Suffolk) and home again by Halstead and Walden (Essex), or a total of 470 miles whilst we have been away; and, as we have had such a successful time of it in every respect we intend having another tour next year."

In regard to the clothing that is to be worn by ladies in cycling, the best authorities are divided as to whether petticoats should or should not be worn. Short, loose trousers, just reaching below the knee, are comfortable, and obviate the very



unpleasant sensation caused by the vertical motion in making the petticoats roll up into a coil over the knees. A dress which is worn by many ladies who do a great deal of cycling has, as a part, loose trousers made of the same material as the dress and coming down only so far as not to be noticed during the stroke.

This dress is neat in appearance, but an objection to the trousers is that they are too warm, and, besides, they have no very great advantage over any other style. For long runs, all-wool flannel should always be worn. A jersey and continuations, either in the combination state or separate, should be worn. No linen should be allowed, and even the bands should be made of flannel. There is no doubt that the disregard of appearances by those who ride tricycles has had much to do with the disfavour with which ladies' riding has been received in the past. In colour, dark green and navy blue look well, but dark brown or grey are most serviceable, as mud and dust do not show on them, neither do they fade.

With regard to the making of dress, two styles are in vogue—the habit style, and the plaited skirt and jacket bodice. The habit is skirt perfectly plain, and although it answers its purpose fairly well, yet it has a certain bare look, and can, like a riding habit, be used only for a certain purpose. The plaited skirt has a great advantage in looks, and can be used also as a walking dress by a simple arrangement for raising the skirt when off the machine; if the rider wishes to put up her machine and walk, she can do it without being noticed for an *outré* costume. The skirt should not be made too full, as it might catch in the cog wheels and be wound up. There should be a little fullness in the back to allow for the drawing up by the peak of the saddle. The length should be down to the instep when the wearer is standing.

The body can be either a Norfolk jacket, which is cool and looks well, or a close fitting (not tight) tailor-made jacket, double breasted, with a stand-up collar. The pocket of the dress should be on the left side. Woollen stockings should always be worn, and never white.

Boots should never be worn, as they chafe the ankles. Laced shoes are best. Jersey gloves are recommended, also dark riding gloves, with strengthening pieces between thumb and finger. There must be no tight lacing.

The head gear should be governed by the same rule as the garments—quietness and simplicity. For summer, straw hats are best and coolest, or a light felt hat, having holes pierced for ventilation, of a colour to match the dress. Bonnets and gaily trimmed hats are totally unsuitable.

A woman dressed in this way and provided with a good tricycle is in a situation where a great abundance of enjoyment and physical development are in prospect. In the purchase of a machine the purchaser will be guided by the experience of others. Nearly every purse can be accommodated with prices and terms, as the prices for tricycles vary considerably.

"Tricycle riding," observed a doctor, "if not carried to excess and weariness, relieves brain fatigue and incipient congestion of the liver; it causes the kidneys to act more freely and lightens the whole system; it banishes ennui and lowness of spirits, strengthens the whole muscular system, induces a free action of the skin, braces the nerves, and insures a healthful sleep."

## IT IS WELL TO REMEMBER,

THAT "I forgot" is never an acceptable excuse.

That there is no home where there are no hearts.

That the despised of some people are the revered of others.

That life, however short, is made still shorter by waste of time.

That no lessons are so impressive as those our mistakes teach us.

That tardiness and precipitation are extremes equally to be avoided.

That publicity is the barn door upon which fools love to chalk their names.

That those who are most willing to take risks are they who have nothing to lose.

That we cannot too soon convince ourselves how easily we may be dispensed with in the world.

That men are guided less by conscience than by glory, and that the shortest way to glory is to be guided by conscience.

## HOW AMATEURS CAN MAKE FRENCH CANDIES.

BY A CONFECTIONER.

—:—:—

IN making candies in which brown sugar or molasses are used very much longer boiling is necessary than with white sugar, or rather they require longer boiling to bring them to the right point, and there is proportionally greater danger of burning. Therefore, although I suppose such a fact will surprise many, I consider caramels and taffies of all kinds far more tedious to make than cream candies. Yet many young women and even children make molasses taffy and caramels who would not dream of attempting to make French candy (except with the white of egg and raw sugar), although, for the reasons named, the patience and watching required for them is quite as wearisome; and although a great deal of home made taffy is imperfect quite as often as it is perfect, and the imperfection is not considered of much consequence. This should not be. Those, therefore, who attempt to make nougat, or caramels, or taffy should not rest satisfied without the former is clear as amber glass, and the latter free from grain or the least burnt flavour.

**FRENCH NOUGAT.**—Boil two pounds of granulated sugar and half a pint of water over a sharp fire, just the same as for glacé nuts—that is to say, till it is very pale yellow, which is the caramel degree. Have ready, blanched and dried, a pound of almonds; set them in the oven, with the door open, till they slightly change colour; when the candy also begins to change colour, pour them hot into it, then quickly pour the nougat out into well-oiled tin or iron pans. It should be in sheets half an inch thick, which should be so poured as to have the almonds evenly and thickly distributed over them. Mark off into bars with a knife (a chopping-knife oiled and pressed half through I have found best) before it is cold. Bend the tins slightly backwards between the two hands, and the candy will loosen readily when quite cold.

**ALMOND ROCK.**—This favourite candy is made with brown sugar, almonds, and extract of lemon. Boil one or two pounds of brown sugar till it snaps in water; flavour slightly with lemon. Have ready a pound of almonds that have been cleaned by rubbing between two cloths, but not blanched; slightly warm them and pour as many into the candy as it will take, then pour out into oiled pans. It should be two inches thick, and the almonds all the way through. Cut it into bars before it is quite cold (you cannot cut it after) with a strong knife well oiled.

[N.B.—Both of these candies will burn if left on the fire a moment after they are ready, therefore have everything prepared, and move them off the fire while you add the almonds.]

### CARAMELS.

Caramel is really sugar boiled till it changes colour, but the candy understood as "Caramels" is something different, and I give several recipes.

**CHOCOLATE CARAMELS.**—Cream well together a quarter of a pound of grated chocolate, unsweetened, half a teacupful of butter, one teacupful of sugar, one teacupful of molasses, and one teacupful of milk or cream. Boil all together until the candy cracks in ice water, then pour half an inch thick into tin pans well oiled. When nearly cold mark into squares with a greased knife. In summer these require to be set on ice to cool and harden.

**VANILLA CHOCOLATE CARAMELS.**—The above recipe, with concentrated extract of vanilla stirred in to flavour just as it is about to be poured out.

**CHOCOLATE CAMEL, No. 2.**—One pound of sugar, half a pound of chocolate, half a cupful of milk, a small tablespoonful of butter, vanilla or not for flavouring.

**COFFEE CARAMELS.**—Make extract of coffee as for coffee creams, using two ounces of coffee and as little water as possible. Boil one pound of sugar till it is brittle in water; let it change to a yellow brown (if white sugar is used; if brown, colour will not be a guide, but the odour will—it should smell slightly of burning or

browning). When the sugar has attained this stage, stir in the coffee extract gradually, boil a few minutes carefully, and pour out into pans the same as directed for chocolate caramels. Mark off before they are cold.

**COFFEE CREAM CARAMELS.**—Two pounds of sugar, one cupful of thick cream, two ounces of fresh butter (salt washed out), extract from two ounces of coffee. Melt the sugar with as little water as possible in a saucepan over the fire (take care to use a saucepan that will allow for all the ingredients and give room for the bubbling up); when the sugar bubbles pour in the cream very slowly, stirring also very slowly, then add the butter and the coffee, stirring gently but constantly the whole time. As soon as the syrup thus prepared is brittle and has a slight odour of caramel, pour it out as directed for other caramels. Chocolate used instead of coffee makes chocolate cream caramels.

**VANILLA CARAMELS.**—Extract or powdered vanilla stirred into the boiling sugar, cream, and butter (then called cream caramel) makes vanilla cream caramels.

**ORANGE CREAM CARAMELS.**—Stir orange flavouring into the cream caramel and a little juice.

**LEMON CREAM CARAMELS.**—The same with lemon and a little juice.

**NUT CARAMELS.**—Chopped filberts, walnuts almond, or pistache nuts stirred into cream caramel make these. The nuts must be warm when added.

Several of the recipes for caramels are taken, with such changes as will make them clear to amateurs, from "The Art of Confectionery."

I now give two recipes for candy made with unboiled sugar. It must be remembered, however, that they are only suitable for immediate use. They get dry and harsh, like ordinary cake icing, when kept many hours. They also require making with extreme care.

**RASPBERRY OR CHERRY CREAM DROPS.**—One ounce of the finest white gum arabic, one pound of confectioner's sugar, half a gill of raspberry juice or cherry juice, a quarter gill of noyau, one white of egg. Soak the gum arabic in half a gill of hot water, strain it through muslin; sift the sugar twice, in order to make it light, then mix as much of it with the gum and the noyau as will make a firm, elastic paste. Use the white of the egg, the fruit juice, and as much sugar as will make a rather stiff but yet liquid icing; colour pink. Make small balls of the white noyau paste; dip each one in the pink icing.

**FRANGIPANI CREAM DROPS.**—Gum arabic one ounce, one pound of confectioner's sugar, half a gill of fresh orangeflower water, one white of egg, a quarter gill of noyau or ratafia. Make a firm paste of the gum, sugar, and noyau, and a moderately stiff icing of the white of egg, orangeflower water, and sugar. Make the noyau paste into small balls; dip each one into the orangeflower icing. In both these recipes the balls may be dipped twice into the icing (allowing each coat to dry ten minutes in the open oven or over the register) if desirable.

**SIMPLE FRUIT CANDIES FOR CHILDREN.**—Use, to make these, the very coarse granulated sugar, sift it with rather a coarse sifter, put the fine aside for other use. Put a scant quarter of a pound of this coarse sugar into a small, thick saucepan with half an ounce of fruit juice, or pulp or jelly, over the fire; when it begins to bubble up, stir from the bottom with a spoon for about two minutes; remove from the fire, stirring all the time, and either pour out in a thin sheet, or the better way, if your saucepan has a spout, is to oil a sheet of stout paper, and pour it in drops on it, using an oiled skewer to cut them off as large as a sixpence. If there is any difficulty about these drops leaving the paper pass a wet brush over the back of it, then turn the drops on to a sieve and carefully dry them over the register. Keep them in fruit cans, well sealed, in a dry place. If a teaspoonful of acetic acid is used to each four ounces (scant weight) of sugar and each half ounce of juice you make "acidulated fruit drops."

There are two more recipes I wish to give, which, although they do not come exactly under the head of candy, may find appropriate place here.



**MARRONS GLACE.**—For these you require the large French or Spanish chestnuts in perfect condition. Put them in boiling water, then remove the outer skin; boil them till just tender, but not soft; now take off the woolly inner skin carefully, not to break them. Have ready a pound of white sugar and half a pint of water boiled one minute; put the nuts into this and let them boil slowly till they are clear. Take them out, put them on a sieve in a warm place (over the register, or in the plate warmer, or on the mantel back of a stove will do) till next day, then dip each nut, mounted on a wooden toothpick, carefully into candy, giving only as thin a coat as possible. The candy for this purpose should be made in the following way:—Boil a pound of sugar to what is called the "feather" degree (35 deg. by small barometer). This you can tell in this way—When the candy begins to hair, dip a silver fork into it; let the syrup run off the end, and then blow suddenly against the tines sharply; if only a few beads blow out let it boil a minute longer, then blow; if balls like soap bubbles float from your fork wait only a second, then blow again; the balls will now perhaps break after they leave the fork, and, running one into the other, drop to the ground in a rough semblance of a feather; if they do this, take of the candy instantly. This is what is technically called the "feather," or 35 deg. I have hitherto avoided technical expressions, but the sugar for candying the surface of fruits has to be so exactly right that this degree must be learnt by those who wish to go beyond the usual candies. When the candy reaches the "feather," squeeze in the juice of a small lemon, and with a spoon work it against the side of the saucepan until it is whitish and a little grainy; this is called opalised, or half-grained sugar, and is used for coating marrons and dried fruits.

**CANDIED SWEET POTATOES** are among the costly imported Spanish candies, and some people are exceedingly fond of them, resembling, as they do very closely, marrons glacés in flavour. Boil till half tender yellow sweet potatoes; pare them, not leaving a speck of dark colour; cut them into any form you like and drop them into syrup made of a pound of sugar to half a pint of water; boil gently until the potatoes are quite clear, like yolk of an egg, and tender, take them up, lay them on a sieve, and put them either over a register (not too hot) or in a cool oven with the door open to dry, turning them every now and then. You may either boil the candy left down to the feather, as shown in recipe, or you may make fresh, which is easier. When it reaches the feather squeeze the juice of a lemon into it, rub it against the side of the bowl with a spoon till it is opalescent, and then dip the potatoes. When they are coated put them on an oiled wire sieve to dry.

(To be Continued.)

## THE DOG.

—:O:—

THE bull-dog derives its name from the barbarous diversion of bull-baiting, in which it was used. It is of the mastiff kind, but smaller, with a somewhat flatter snout, the lower jaw projecting considerably beyond the upper one. Its aspect is very ferocious, and its courage and obstinacy in attacking the bull well known.

It generally seized the lips or other part of the face, pinning the bull, as it is called, to the ground, and maintaining its hold in spite of every effort of the animal to disengage himself. Goldsmith relates that in a bull-bait in the north of England a young man wagered that his dog would attack the bull after his feet were cut off one by one. The cruel experiment was tried, and the dog seized the bull as eagerly as ever. The instinct of fight is strong within the bull-dog, and there seems to be no animal that this animal will not attack without the least hesitation.

The dogs bred in Britain are justly reckoned superior to the dogs bred in any other country. The swiftness of the greyhound is amazing, as are also the slenderness and perseverance of other hounds and beagles; the boldness of terriers in unearthing foxes; the sagacity of pointers and setter dogs, who are taught a language by signs as intelligible to sportsmen as speech; and the invincible spirit of the bull-

dog, that can be conquered only by death. All the nations of Europe not only do justice to the superior qualities of the British dog, but adopt our terms and names, and thankfully receive the creatures as presents. It is remarkable, however, that almost every kind of British dog degenerates in foreign countries, nor is it possible to prevent this degeneracy by any art whatever.

The bull-dog is of small stature, but remarkably muscular and strong, and for strength, determination, and courage there is no dog who can match him.

When once this animal is exasperated, nothing will make him change his purpose, and will keep on fighting against terrible odds until the breath has gone from his body. "The shape of the bull-dog," says the Rev. Ward, "is worthy of notice. The fore quarters are strong and muscular, the chest wide and roomy, and the neck singularly powerful. The hind quarters, on the contrary, are very thin, and comparatively feeble, all the vigour of the animal seeming to settle in his fore legs, chest, and head, giving the spectator an impression as if it was composed of two different dogs—the one a large and powerful animal, and the other a weak and puny quadruped which had been put together by mistake. The little fierce eyes, that gleam savagely from the round, combative head, have a latent fire in them that gives cause for much suspicion on the part of a stranger who comes unwarily within reach of these dogs. The underhung jaw, with its row of white, glittering teeth, seems to be watering with desire to take a good piece out of the stranger's leg, and the matter is not improved by the well-known custom of the bull-dog to bite without giving the least visual indication of his purpose."

A well-bred bull-dog ought to present the following characteristic forms:—The head should be round, the eyes of moderate size, and the forehead well sunk between the eyes; the eyes semi-crescent and small, well placed on the top of the head, and rather close together than otherwise; the muzzle short, truncate, and well furnished with chap; the back should be short, well arched towards the stern, which should be fine and of moderate length; the coat should be fine, though many superior strains are woolly-coated; the legs should be deep and broad—the legs strong and muscular, and the foot narrow and well split up, like a hare's.

A bull-dog not so very long ago was used for the purpose of rescuing a shipwrecked crew by towing a rope from the vessel to the shore. Two Newfoundland dogs perished in the attempt, and the success of the bull-dog may be attributed to its indomitable courage, which prevented him from giving up hope while life remained.

The bull-dogs of Great Britain were celebrated for their size and courage in the early history of the country.

Under the Roman emperors an officer was appointed whose business it was to breed and export from hence such dogs as would prove equal to the combats of the amphitheatre. It does not appear certain what species of dog was so highly valued; some writers affirm it to be the mastiff, others the bull-dog.

"I remember, many years ago," says Edward Jesse, "of some robberies that took place by means of a bull-dog in the neighbourhood of London, one of which was near my own residence. A gentleman, in riding home one winter's night, had one of the hocks of his horse seized as he was trotting along the road by a bull-dog, who kept his hold and brought his horse to the ground. A man then came up and robbed the gentleman of his purse."

A bull-dog was matched to swim against a Newfoundland. They were thrown out of a boat at the same instant, and the owners then rowed away as quickly as they could pull. The dogs followed at their best speed, and the bull-dog eventually won the race. The bull-dog swam with the whole of his head and the greater part of his neck out of water, while the Newfoundland only showed the upper part of his head.

A bull-dog was greatly attached to his master. He, growing old, it was decided to leave him in London, and the packing and preparations were also served by the faithful animal, and he insidiously guessed that he was going to be deserted by the master he so dearly loved. He refused to eat from that moment, and

became melancholy, and, in spite of all the care taken of him, finally died.

The mastiff is the largest of the indigenous English dogs. It is the size of a wolf, very robust in form, and having the sides of the lips protruding. Its aspect is sullen, its bark loud and terrific, and it appears in every way formed to guard property entrusted to his care. As a yard house dog its services are, perhaps, more valuable than the Newfoundland breed, which is more commonly kept for the purpose. The mastiff in its pure breed is seldom met with. The points of the mastiff are:—Head large, eyes small, loins compact and powerful, and limbs strong; coat smooth.

"I was walking over a lonely road for several miles," says Mr. Kingdon, "on a dull November night, when my dog walked round me in wide circles the whole time and distance, keeping guard in the rear as well as in advance, and never going beyond springing distance of me, so determined was she to protect me." Soon after the London and South-Western Railway was opened to Exeter a party of "cracksmen" came down from London and commenced operations at Devon, sending out spies in divers disguises and under various pretexts to notice plans of houses. From their suspicious conduct there is reason to believe men who came to Willhayne under pretence of selling cloth were couriers of this party. In appearance they were respectable, but asked questions that excited suspicion. It appears that the dog had his suspicions, in spite of their respectable exterior; for it was afterwards ascertained that when they came to the yard gate she quietly walked up to the foremost of the party, neither barked or growled, nor attempted to injure them, but silently took him firmly by the arm and led him without harm to the kitchen door, released him there, and mounted guard over him, and detained him till she saw how he was received. If the thieves had otherwise intended a visit, probably this altered their design.

Alp was once attacked by a bull-dog. She seized him by the back, shook him as she would have shaken a rat, and threw him away with an admonitory growl, but without injury.

A chimney-sweeper had ordered his dog—a mastiff crossed with a bull-dog—to lie down on his soot-bag, which he had placed inadvertently in the middle of a narrow back street. A loaded cart passing by, the driver desired the dog to get out of the way. He was scolded, then beaten, first gently, and afterwards with a severe application of the cart whip; but all to no purpose, for he would not move an inch. The brutal fellow, with an oath, threatened to drive over him, and he did so, the faithful animal endeavouring to avert the progress of the wheel by biting it. He thus allowed himself to be killed rather than allow himself to abandon his trust.

Mr. Frank Robinson's Turk was a fine specimen of the thorough-bred mastiff.

"A few weeks ago," writes Mr. Robinson, "I went down our steps to assist some friends, who had been dining with me, into their carriage. Immediately on my opening the brougham door Turk jumped in and sat down, and seemed quite determined to enjoy himself. However, after some little difficulty I got him out, but directly my friends were in and the door closed, he jumped threw the window."

A lady, who was residing in a lonely house, permitted all her servants except one female to go to a merry meeting. The servants were not expected home until the morning, consequently the doors and windows were, as usual, secured, and the lady and the servant were going to bed when they were alarmed by the voices of some persons apparently going to break into the house. Fortunately, a mastiff was in the kitchen, and set up a terrific bark. This, however, had not the effect of intimidating the robbers. The maid servant distinctly heard that an attempt to break into the house was being made by the villains endeavouring to force a way through a hole under the sunk story in an adjoining back kitchen or scullery. Being a young woman of courage, she went towards the spot, accompanied by the dog, and patting him on the back, exclaimed, "At him, Caesar!"

The dog made a furious attack at the person who seemed to be at the hole, and gave him a violent shake. Then all became quiet, and the animal returned with his mouth smeared with



blood. She afterwards heard some little bustle outside the house, which was soon stilled.

The lady and servant sat up until the morning without further molestation, when, on going into the court, a quantity of blood was found on the outside wall. The other servants on their return brought word to the maid that her uncle, the innkeeper, had died suddenly during the course of the night, and was to be buried that day. The maid obtained leave to go to the funeral, and was surprised to find the coffin on her arrival screwed down. She insisted upon taking a last view of the body, when, to her surprise and horror, she found his death had been occasioned from his throat having been torn open.

What had happened the evening before immediately occurred to her, and it was evident to her that she had been the innocent cause of her uncle's death; and subsequently it was proved that he had formed the design of robbing the house and murdering the lady in her unprotected condition.

A mastiff was constantly annoyed by a small dog, who barked at him every time he came to the house. Being tied up, he could not resent the insult, for his chain prevented him from revenging himself on his tormentor. However, he managed to escape from the back yard, and immediately rushed to the cottage in which the cur lived. The door was open, he dashed in, and seizing the terrified animal by the throat killed it in less than a minute.

A gentleman dropped a gold piece when he was leaving home. On returning late at night he was informed that his dog had fallen sick and refused to eat.

What appeared very strange was that it would not suffer the man servant who attended to its wants to take its food away from it, but had been lying with its nose to the vessel without attempting to touch it.

The master, very anxious and curious about his favourite, entered the room, where he found the dog lying down by the plate.

On his master entering the room the dog jumped to its feet, and laid the missing piece of gold upon the floor.

A fine mastiff, having broken his chain, was running along a street at Bath. Suddenly a boy struck him with a stick, and the dog turned furiously on his assailant. So far from being intimidated, the little fellow flung his arms round the neck of the enraged animal, which instantly became appeased, and in return caressed the child.

A tanner once had a mastiff which guarded his yard. The foreman being suspected, he was dismissed. He had always been accustomed to give the dog its food, and the two were on the best of terms.

Knowing the dog so well, the dismissed foreman thought there would be no danger in removing a number of hides from the yard. So, in the dead of night, he drove his cart close against the wall, and jumped over into the yard. The mastiff showed no surprise at the nocturnal visit, but he followed him about pretty closely. The cart was soon loaded, and the foreman began to climb the gate. But these proceedings seemed to excite the dog's suspicions, for the man had usually only to draw the bolt. Without the slightest hesitation Carlo seized the foreman, nor did he release him until the morning dawned and his master made his appearance.

(To be Continued.)

## WISE WORDS ABOUT WOMEN.

—:O:—

Do not allow your daughter to be taught letters by a man, though he be a St. Paul or St. Francis of Assisi. The saints are in heaven. —Bishop Signori.

BACHELORS' wives and old maids' children are always perfect. —Chamfort.

AN intelligent wife can make her home, in spite of exigencies, pretty much what she pleases. —Thackeray.

ONLY so far as a man is happily married to himself is he fit for married life, and family life generally. —Novatis.

NOTE well a house that is prosperous among men, and you will find virtue prevails among its women. —Sophocles.



## VI.—THE THRUSH.

—:O:—

OF this genus there are more than one hundred and twenty-one all over the globe, while the English variety is numerous. The missel thrush (*Turdus viscivorus*, "Lin. le Draine," Buf. "Die Mistel Drossel," Bech.) is the largest and handsomest of the species, and is a native of all Europe, but prefers the north, and is indigenous to our isle, and is the best known from its great size, its combative habits, and its brightly-feathered breast, its rich voice and gregarious habits. It starts about its nest in the beginning of April, and generally builds a large, weighty edifice, that can be distinguished through the leafless bushes from a great distance. On other occasions it is concealed with great care, it which case it is built by some old bird who has learned caution through bitter experience.

Its materials are indeed varied. Anything that is of use is pressed into its service. Hay, straw, moss, dead leaves, and grasses are among the ruling substances that are employed, but the bird often adds manufactured articles, such as scraps of rags, paper shavings. A nest was once found that was ingeniously placed in the crown of an old hat, which had evidently been flung away by some traveller. At first it did



THE MISSEL THRUSH.

not look like a nest, but there were a few bits of grass lying over the brim that had a very odd aspect, and on climbing the tree the old hat was found to have been the basis of a warm nest, with its proper complement of eggs. Its nest so conspicuous, and built so early in the season, the eggs of the missel thrush generally form the first fruits—with those of the hedge accented—of a nesting expedition. The nest is, however, admirably made, the outside walls being made of moss and hay, but there is a fine lining of mud, which, when dry, made a first-rate resting-place for the eggs. Inside this was a lining of soft grasses.

We have said the thrush is always a combative bird, but at breeding time it is awfully pugnacious. "Often have I seen," says Mr. Thompson, "a pair of these birds drive off magpies, and fighting against four of them. The pair to which the first-mentioned nest belonged attacked a kestrel which appeared in their neighbourhood when the young birds were out, although probably without any felonious intent on them. One of these thrushes struck the hawk several times, and made as many attempts to do so, but in vain, as the latter, by suddenly rising in the air, escaped the coming blow. The pair of birds followed the kestrel for a great way, until they were lost to our sight in the distance."

The missel thrushes towards the end of summer assemble in large flocks, and in autumn do great harm to gardens and plantations by devouring the fruit. Raspberries and cherries are their special delight, and they have been known to ruin the crop. They delight in the berries of the mountain ash and the arbutus, and are so partial to the viscid berries of the mistletoe plant that they have been called by

its name. They will, however, eat insects, caterpillars, spiders, and a partly digested lizard has been found in the interior of one of these birds.

The song of the missel thrush is rich, clear, loud, and ringing, and is often heard during the stormiest period of the year, the bird appearing to prefer the roughest weather for the exercise of its voice. The upper parts of its body are a warm, reddish-brown, excepting the wings, where the brown is of a more sober hue. The upper surface of the tail is also brown, except some patches of greyish white upon the outer webs of several of the tail feathers. The under part is yellowish white, covered thickly with jetty black spots, triangular on the neck and throat and round on the chest and abdomen. It is about a foot long.

The fieldfare (*Turdus pilaris*) is another British thrush. It is, however, migratory, being seldom seen until November, when it is received rather inhospitably by the gun of the schoolboy. They congregate in large numbers, and are, therefore, easily killed. They generally remain in this country until May or June. They have never been found to build in this country, but in Norway and Sweden their nesting is really extraordinary. Mr. Hewitson, the traveller, says that his attention was aroused by the loud shrieking cries of several birds, "which we at first supposed to be shrikes, but which proved to be fieldfares, anxiously watching over their newly-established dwellings. We were soon delighted by the discovery of several of their nests, and were surprised to find them herding in society. Their nests were at various heights from the ground, from four feet to thirty and forty feet upwards, mixed with old ones of the preceding year. They were, for the most part, placed against the trunk of the spruce fir; some were, however, a considerable distance from it, upon the upper surface and towards the smaller end of the thicker branches."

There are many other varieties—the ring ouzel, the redwing; but we will speak of those in captivity.

The missel thrush is sometimes kept in captivity, but he is too large for a cage bird, and his song is very loud. In confinement it feeds on what bird fanciers call universal pastes, and barley meal or wheat bran moistened with water. A more generous diet—a little meat, bread, &c.—will improve its song. It must have a large cage, at least three and a half or four feet long and nearly as high, and must be well supplied with water for bathing, and the cage must be kept very clean or it will become most offensive. The young birds should be fed upon bread soaked in milk, when they will soon be tame, and learn to imitate other notes than their own; still, they are not very desirable birds to keep in captivity, as in the aviary or bird room they are very quarrelsome.

The song thrush (*Turdus merurus*), or maris, is a well-known bird over all Europe, and is one of our best songsters, making the woods joyous from spring until late in the autumn. It is in great request as a cage bird, and, although shy, if caught young is very tame in captivity. It generally builds in a holly-tree or hawthorn, or some other close bush not very far from the ground.

In *Science Gossip* for 1865 we have an anecdote illustrative of the cunning and cleverness of a pair of these birds, who built their nest in the fork of a mountain ash, close to the house, and were overlooked by an invalid lady from her bedroom window. They were much troubled to shelter the young from the heavy rain, which fell almost without intermission for two days, and at length they placed a stick across the nest, and spreading their wings over this they completely sheltered it from the rain, and never deserted the perch while it continued; exposing themselves to the downpour to protect their young. On the second day the cock brought food to his mate for herself and her nestlings. As soon as the rain ceased the perch was taken away. The young were fed with grubs and caterpillars, an enormous quantity of which are destroyed by the thrush tribe, who do such good service thus that they should be pardoned for their havoc among fruit and berries in the autumn.

They eat worms and slugs, but are very fond of snails, the shells of which they break very cleverly by beating them against a stone.



Sometimes the bird will choose one particular stone for the purpose, and will carry all the snails he can find to break them upon it. Young thrushes should be fed on bread and milk until they are six weeks old, when their diet should be gradually changed to scraped lean beef and bread-crumbs. Later on they should have barley meal made into paste, with a little lean beef three times a week, alternating with hard egg, German paste, cheese, boiled potato or carrot, snails, earwigs, or meal worms. The cage must be large, well strewn with coarse sand or gravel, and plenty of water for drinking and bathing; the bath, however, should not be left long, as they are subject to cramp.

These birds are subject to constipation and atrophy. For the first a large spider is the best remedy, for the latter abundance of fresh air and a change of diet.

(To be Continued.)

## MOTHERS AND THE NURSERY.

—O:—

### FOOD FOR CHILDREN.

IN localities where the quality of the milk cannot be relied upon with absolute certainty, substitutes of various sorts must be tried, either in conjunction with the bottle or to supersede it. After the first six months a healthy child, who has been bottle-fed up to that age, often craves for, and should be supplied with, elements not present in cows' milk. Some children reject milk entirely after the first taste of other food. The market is full of pleasant preparations for infants. Among these there is a choice. Let the mother try known and reputable "foods" until one is found which suits her child's palate and digestion. We have been in a druggist's when different mothers were buying provisions for babies, and heard widely diverse opinions expressed about each brand. So far as feasible, milk covers the most ground as to nourishment. Pearl barley, boiled in water for six hours, and strained, forms a delicate jelly soluble in milk. Ground barley, prepared with milk and sugar as a blanc mange, is palatable and light. When there is no tendency to vomiting, oatmeal prepared in the following manner makes an excellent breakfast for an eight months' old child: Three large dessertspoonsful of best fine oatmeal to a breakfast cup of water; cook in an earthen or porcelain saucepan for three hours, and press through a wire strainer. Eaten with sugar and milk, it is a meal fit for a "princelet."

Bread and milk is good food for healthy babies, prepared in this manner: Cut the crust from a moderate-sized slice of home-made bread one day old. This supposes your household bread to be of good quality, not too much risen or acid. Pour upon the slice boiling water, pressing slightly as it is poured off again. Repeat the operation three times, and then with a silver fork beat the bread till fine. Put into an earthen or porcelain saucepan with three-fourths of a cup of new milk and a little sugar. Stir gently until it boils for a few minutes. This is light and nourishing, but the bread must be good. When the child is over nine months of age a little addition may gradually be made to its dietary. At that age teething or some other trouble may slightly reduce the vitality, and necessitate the use of beef, mutton, or eggs in proper form. If the baby's stomach be able to retain it, the yolk of an egg may be beaten into his milk, or, as an occasional treat, he may appreciate a few mouthfuls of the yolk of an egg which has been boiled three minutes, eaten from the shell.

Beef tea is an excellent thing when properly and generously made and taken fresh. The beef should be as fresh as the butcher has it. It is a good plan to allow the meat to stand four or five hours in the cold water before putting it to the fire. Cut the meat into pieces and barely cover with water. Mutton, used in the same manner, is more useful when there is a tendency to constipation. Chicken jelly is very nutritious when the child is reduced by diarrhoea and unable to take much food. The chicken should be a young one, and, after having been disjointed, the bones should be broken with a cleaver or clean hatchet. Cover with water and simmer for two or three hours.

Salt very slightly, strain, and set in a cool place. In a few hours a firm jelly will be formed. One or two saucepans of the kinds before mentioned should be kept for the baby's food, and on no account used for other purposes. Great judgment should be exercised concerning the frequency of meals and the amount to be taken. It should be remembered that overfeeding is a serious danger to the first year of infancy. Foods of any sort should be given with a distinct reference to providing the greatest amount of real nourishment, and not for the mere purpose of satisfying the cravings of appetite. Consequently corn, flour, sweet biscuits, cookies, and sops of an innutritious character should be avoided.

### CHILDREN'S TEETH.

The first teeth of a child are called the milk teeth. They are succeeded in a few years by "permanent" teeth. The milk teeth are twenty in number, the permanent teeth thirty-two. Before the permanent teeth begin to come the child should be taken to a dentist. Irregularity of growth can easily be prevented by a first-rate dentist. Children who have sound teeth at the "permanent" stage may retain them to manhood and womanhood if the parents exercise proper supervision over their appetites.

Disorders of the stomach, produced by over-indulgence in unwholesome food, have a marked effect on the teeth. The best safeguard is a rigid adherence to the use of plain, substantial food. Confections of every kind ought to be ruled out of the dietary of children and young people. Fruits, raw and stewed, come under the head of Nature's food. They should be sweetened moderately, a leaning toward the sour being better than in the opposite direction. Pies, dough-nuts, and all that come into this category, must be avoided. Tea and coffee are also injurious.

The abominations coming under the head of "candy" are "rank poison" to a child. It does not follow that the craving for such delicacies is the natural instinct. It may be inherited taste, but it is much more likely to be a taste cultivated by observation of the surroundings. Unless there is some prominent cranial defect, children are apt to be what their parents make them. Among poor people they are too often pacified by devices which permanently undermine their constitutions. The candy store does duty instead of the nursemaid.

Well-to-do people have no excuse for treating their offspring in this manner. Good teeth are a blessing the value of which cannot be overestimated. They add much to facial beauty, and by their agency the plainest face, in animation, becomes almost handsome. Those who have them suffer from but a very small part of the pains and aches incidental to existence.

## CORRESPONDENCE.

—O:—

"BUILT TO SELL"—"TO LET, NOT TO LAST."

TO THE EDITOR OF THE "COOK AND HOUSEKEEPER."

SIR,—Let me induce you to warn house-buyers to be very careful ere they part with solid sterling gold for new-built, airy fabrics which scarce resist a gale of wind—structures which often fall down before completion, but are saddled with long leases, strict repairing covenants, and heavy ground rents. Since the pulling down of so many City, Westminster, Borough, Somers Town, Clerkenwell, Holborn, Shoreditch, Spitalfields, and Seven Dials ancient buildings for railway and street improvements, these rotten old materials have been freely used in the suburbs, but are so cleverly concealed by the aid of new facing-bricks, new thin floor-boards, plaster, paint, sticky varnish, and showy paperhangings, as oftentimes to dupe the unwary and incautious purchaser who, alas! very soon discovers that cracked window-arches, thin, brittle window-glass, sinking foundations, stopped drains, leaky roofs and gutters, shrunk woodwork, shaky floors, falling rotten plaster and stucco, smoky chimneys, frost-exposed cheap zinc cisterns, vermin, smells, and other minor evils, sadly try his patience and purse—in short, that in the long run it would prove a real saving at once to pull down and rebuild properly the vile erection than to be at a continual expense

for unsatisfactory although costly, repairs, and under-pinning bad, shallow foundations.

I for many years past have been almost daily amidst speculative building estates, north, south, east, and west, and well know the operations of needy "duffing builders," who, run up on some of these sites dwellings which—if you view in carcass unplastered, the abominable materials, combined with the slight, scamping, and unskilful workmanship, would convince anyone that they were meant only "To Let and Not to Last;" that they were merely contract-built edifices by "slop" builders—certainly not sturdy houses like our ancestors were so justly proud of for their weather-tight and durable qualities. As dilapidations are incessant, no landlord can accept low rents for "sale houses." I entreat intending leasehold repairing buyers to find out by care and inquiry—

1. That the house is not built on made soil, where the pure virgin gravel has been dug out and sold, and the pits filled up with fish and vegetable market-sweepings, dust-yard filth, and similar fever refuse.

2. That it has deep concrete foundations.

3. That all the materials are new, and the bricks sound, hard-burnt stocks, well bonded, and grouted in lime (not mud) mortar.

4. That no iron chimney-bars, supporting and tying the arch, are absent, and that the chimney-flues are targeted and do not smoke.

5. That the drainage is distinct and separate, properly connected with main parish sewer by large-bore stoneware pipes.

6. The strength of joists, quarterings, lintels, rafters, purlins, sills, sill-heads, thickness of doors, floor-boards, shutters, skirtings, shelves, panelling—in short, quality and quantity of timber used. It is truly frightful to view how slight houses are timbered and scantily nailed.

7. Whether the locks, grates, ironmongery, blinds, water-closet, bath, cistern, taps, belis, and other fittings, are of the very cheapest light metal description, totally unfit for, and unequal to, fair wear and tear.

8. That it has a trap-door fire-escape to roof.

9. Avoid zinc gutters, cisterns, flats, &c., as thin zinc is a very temporary affair. Insist upon lead or stone cisterns, sinks, &c.

10. If parish has not taken the road, have money security for road cost from seller. It may save you £10 to £30.

11. Find out, if it is an estate, where any and all scamping is allowed to create heavy ground rents and lawyers' leases.

12. Investigate the title thoroughly. Beware of needy, bankrupt, or litigious vendors and improved dear ground rents.

Lastly, Insist upon a warranty, legally drawn up, with full specifications attached, subject to penalties if false. Have the warranty before paying deposit or purchase-money.

In conclusion, let me declare that my picture of modern houses might have been presented in much worse colours, as every district surveyor or workman can easily certify; and no doubt some will do so in reply to this brief epistle on a sad fraud of the age—namely, running up in winter recklessly "Built to Sell"—"To Let, Not to Last" structures.—I am, Sir, your obliged reader.

WM. PERCY TRUMAN.

## PRESERVING FRUIT JUICES AND MALT LIQUORS IN BOTTLES.

—O:—

THE fundamental principle of the preservation of an organic substance liable to decomposition is based upon an absolute exclusion of micro-organisms (fungi bacteria, &c.). The old method of Appert, or rather Pasteur's process, will be found, in practice, the most serviceable, when the addition of special preservative agents is not desired or permitted. The vessels in which the liquors are to be preserved must, of course, be thoroughly cleansed before being filled. They are then placed into a tank containing water which must be gradually heated to a temperature varying according to the nature of the contents but which should reach the boiling point of the water if the contents of the vessels are not injured thereby. The necks of the latter should be closed during the heating by a wad of cotton. The requisite corks should be prepared by boil-



ing them in water containing about six per cent. of salicylic acid.

The boiling extracts from the cork a certain bitter substance, while the salicylic acid helps to destroy the vitality of germs. When the heat has been kept up for some time—care being taken to see that the vessels are filled to within a short distance of the cork, sometime before the latter is inserted—the bottles or vessels are removed, and the corks carefully inserted the moment the wad is withdrawn. In place of salicylic acid a solution of bisulphite of sodium may be used for soaking the corks. Immediately before use each cork is washed in fresh cold water.

## WEARING A HAT.

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THERE is no part of a man's dress that makes or mars his appearance so much as his hat; not that it is its striking beauty when new, or a want of it when old, that is most materially concerned in producing either of the same effects, the grand point is the form, and the position it is made to assume when on the head; yet how few there are who give the least attention to either, except, indeed, military men, and they in general are uncommonly tasty, affording the best example of the precise style in which a hat should be worn. It is no less singular than true, that the same hat, placed on the head in different positions, will give in appearance as many distinct characters to the same person as the number of those positions amount to. The most striking are as follows:—silliness, indolence, gravity, and good-humoured impudence. We give the first. Draw the brim of the hat so far over the eyes that they shall be quite concealed. The second is produced by the hat being thrown quite back. The third by a prim horizontal set, covering equally all parts of the head; and the fourth will not be easily mistaken whenever an extravagant cock on either side is brought full into view.

These are, doubtless, all extreme habits, and seldom pushed to the extent here described; yet a slight inclination to either position may, under circumstances, have a good effect.

There is another bad custom that ought to be noticed. A hat was intended solely to keep the head dry, on which it should be worn; but many seem to differ from this opinion, using it as a sort of nightcap wherein to thrust head, ears, and all. This is a most slovenly practice, as well as a dangerous one, inasmuch as it tends to keep the head in a continual and forced state of perspiration, rendering a liability to take cold every time the hat is removed. Yet even this habit is not so bad as sticking the hat on the back of the head, which, of all others, is the most general, and carries with it the greatest impropriety, because such a position not only destroys the shape, but by lodging on the centre colon the hind part from friction becomes greasy, and the binding is always in a state of raggedness; added to these disadvantages, a most ridiculous effect is produced by the practice—that is, the head in appearance is converted into a sort of peg, against which the hat seems to hang, instead of being placed upon it. A man who indulges in so bad a custom should at least preserve a consistency in his dress—"slip shod," and without braces, waistcoat unbuttoned, cravat half tied, one arm only in his coat sleeve, and at least a six months' uncombed crop of hair above the pericranium; here it would be of as queer and grotesque a figure as must appear by a general adoption of these captivating negligences. There is no greater inconsistency in the whole catalogue than that of wearing the hat on the back part of the head.

MR. HENRY JAMES, immediately after a breakfast of coffee and rolls in his own room, sits down to his literary work, generally writing by the light of two candles, the London mornings being so dark. He composes slowly and painfully, re-writing and re-touching his work continually, his artistic style being attained only at the expense of real toil. He works until noon, and then goes to his club for lunch. By regular application he manages to produce a good deal of manuscript.

"A LONDON charity distributed 14,150 toys to the children in hospitals and orphanages at Christmas.



## OUR SPHINX AND PUZZLE PAGE.

—:0:—

Answers to the following to be sent in within two weeks:—

### EASY WORD SQUARES.

1. A pledge; the sum given above the nominal value; an uncultivated region; a swelling.
2. The sovereign prince of Tartary; a man of distinguished valour; a sunken space around the basement of a building; a masculine name.

### DOUBLE ACROSTIC.

(Words of equal length.)

1. An affected and pretentious person.
2. Allotted period.
3. The rail of a cart.
4. To affirm with confidence.
5. Not of uniform size throughout.

Primals—Anything proverbially worthless.

Finals—A mound.

Connected—A plant and its fruit.

### ENIGMATICAL BIRDS.

1. Worthless matter and a measure.
2. To infold and passage by flying.
3. A seed and the spike containing it.
4. A leguminous plant and idle talk.
5. Obscurity and discord.
6. A colour and a carpenter's tool.

### NUMERICAL ENIGMA.

My whole, composed of 24 letters, is a well-known proverb.

My 17, 10, 6, 12, 7, 3, 15, is a flat-bottomed boat.

My 20, 14, 4, 24, 13, 2, 22, is a certain national emblem.

My 9, 11, 19, 16, 8, 22, 23, is a bright, sparkling light.

My 18, 1, 5, 21, is the burden of a ship.

### STAR PUZZLE.

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      6
  
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1 to 2, a sovereign or supreme ruler. 1 to 3, that which is used as food. 2 to 3, turned backward. 4 to 5, controlling. 4 to 6, a kind of old-fashioned ship. 5 to 6, gentle in manners.

### SYNCOPIATIONS.

1. Syncopate an aromatic plant, and leave to set free.
  2. To prevent by fear, and leave an animal.
  3. A weapon of war, and leave a delicate fabric.
  4. Gravity, and leave altitude.
  5. A kind of nut, and leave a song of praise and triumph.
  6. To forerun, and leave one who occupies.
  7. To incline, and leave cessation.
  8. A garret room, and leave to rise.
  9. Spirit, and leave an animal.
  10. An animal, and leave to destroy.
- The syncopated words are all of equal length, and the letters taken from them, placed in order, name the patron saint of young people.

### CHARADE.

Singing in the sunshine,  
Merry little one—  
Rivals bird two cricket  
With her happy fun.  
Total, in his carriage,  
Driving up the street,  
Thinks he never heard a  
Chorus half so sweet;  
Maybe vainly wishes—  
As have older men  
Looking back regretful—  
He were young again.

### ANAGRAMS.

1. One cat rides.
2. One girl sort.
3. One sail crops.
4. One pen trims.
5. One mat is faint.
6. One lb. rat-traps.

### SIMPLE CRYPTOGRAM.

"Cf ju fwfs tp invcmf,  
Uifsf't op qmbdf mjlf ipnf."

ANSWERS TO "OUR SPHINX," IN  
No. 4., p. 62:—

### QUESTION AND ANSWER.

1. A book printed or written.
2. The worm that eats through books.
3. The eagle, which is for the most part on the wing, and is the strongest of birds; who of all others gazes against the sun without prejudice; for which reason he is called the king of birds.
4. A chimney with a good fire in cold weather, the firetake for the heart, and the visitants those who come to warm themselves.
5. Lightning, whose force no creature can resist, which swiftly appearing, soon expires.
6. A goose, who is observed, whenever she enters a barn door, to stoop her head for fear of hitting it against the ceiling.
8. The swift, which never lies on the ground, by reason his wings are so long, he cannot rise again, but catches his food in the air as bees, flies, wasps, &c.

### CONUNDRUMS.

1. Because it is moved by the spirit.
2. Because it is a representative.
3. Because it is never the last.
4. Because it has a spring.

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—:0:—

SHOULD your engagements occupy you until past four o'clock in the afternoon and compel you to forego dining until that hour, you must make up your mind to wait until the time for supper comes or not dine at all. This is the invariable custom.

THE more clothes a man wears, the more bedclothing he uses, the closer he keeps his chamber, the closer he confines himself to his house, the more readily will he take cold; as the more a thriftless youth is helped the less able does he become to help himself.

THE Berlin restaurant waiter is the German Kellner or waiter whom you find at all American watering places. He is always ready, quick and skilful in balancing a dozen full plates, or carrying half a score of foaming beer glasses at a time; invariably cheerful and obliging, but not always accurate in his counting.

FOOD is much adulterated in Paris. Out of sixty-two samples of butter analysed at the municipal laboratory last month, only eleven were found to be pure. Most of this bad butter is oleomargarine, large quantities of which are shipped from Holland to ports in Normandy and thence sent up to the Paris market. Flour, of which more than 16,000 tons are used daily in France, is very generally adulterated, and only eighteen out of thirty-one samples were found to be free from any admixture. The most common form of adulteration consists in the mixture of flour made from beans, peas, lentils, and Indian corn with the wheaten flour; but in some cases it has been found that the flour has been adulterated with deleterious substances, such as compositions of lead, copper, and zinc, sulphate of lime, and chalk, and it is reported by the official analyser that a steady trade is done at Rotterdam in corn adulterated with thirty per cent. of plaster, for importation into France. Chocolate is adulterated by the addition of bean meal, powdered date stones, and mineral substances, and coffee is very rarely to be had pure when purchased ground. There is no certainty of getting pure coffee, even by buying it whole, for a short time ago there was an establishment in one of the suburbs of Paris where artificial coffee berries were made from a paste composed of ground acorns, burned wheat, and coffee dregs.

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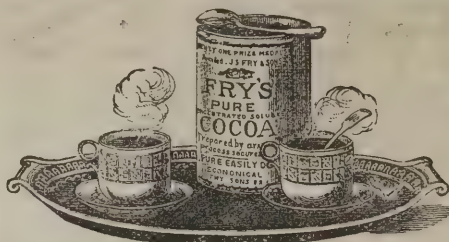
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33

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# THE COOK & HOUSEKEEPER

A JOURNAL FOR EVERY HOME



No. 7. VOL. I.

SATURDAY, APRIL 16, 1887.

PRICE ONE PENNY

## FIRST LESSONS IN CARVING.

### THE TURBOT.

THE best method of serving turbot is shown in our illustration, the leading cuts being shown as before by dotted lines. First run the fish-slice down the thickest part of the fish lengthwise, quite through to the bone, indicated by A and B; then cut handsome and regular slices across the fish, shown by C to D and D to E, until all the meat on the upper side is helped. When the carver has entirely removed the meat from the upper side of the fish, the backbone should be raised and put on one side of the dish, the under side being then exposed and helped like the upper. Brill, which is in many respects a similar kind of fish, should be served in the same manner, and in choosing either for the table the following suggestions should be remembered: see that it is both thick and of a yellowish-white colour, for if it is of a bluish tint, it is not good. The best parts of the turbot are the slices in the middle of the back, and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and should be placed on each plate.

### COD'S HEAD AND SHOULDERS.

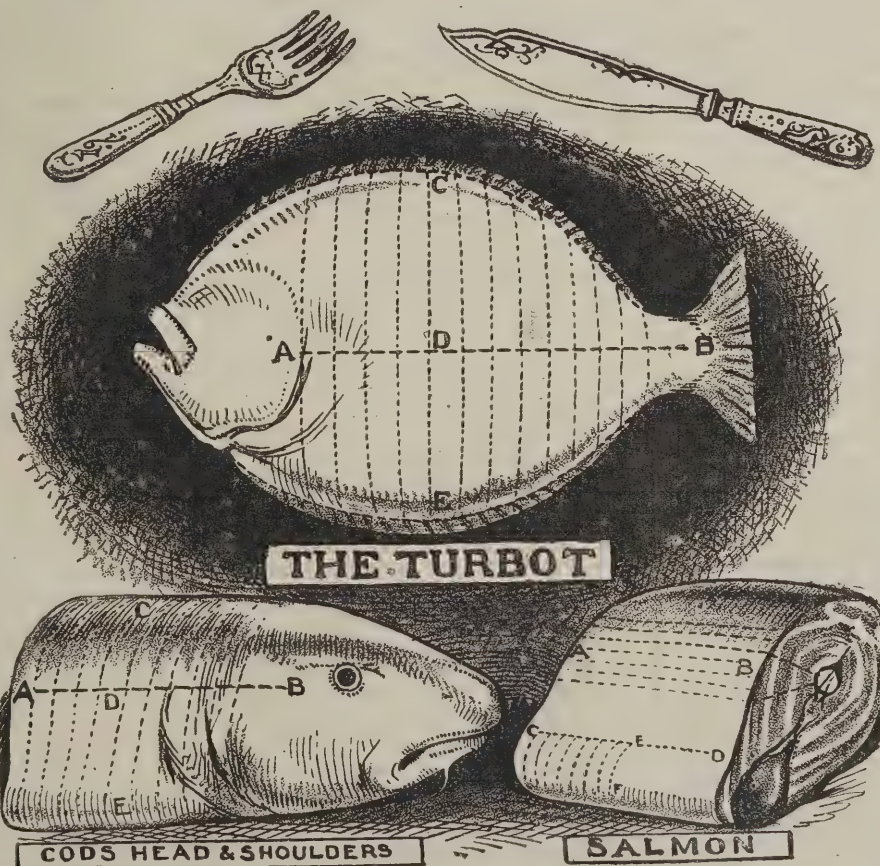
THE knife should be first run along the centre of the side of the fish, shown at A and B; this should go right to the bone. Then unbroken slices should be cut from C to D, and also downwards from D to E. As many tastes differ about the liver, the question should be asked of the guests before serving. The best parts of the fish lie, in the opinion of most connoisseurs, about the backbone and shoulders, they being the firmest. The sound of the cod lines the fish behind the backbone, and is considered a delicacy, as are also the gelatinous parts about the head and neck. In choosing a cod, see that it is plump and round near the tail, and also that the hollow behind the head is deep, and that the sides are marked as if they were ribbed. Freshness is everything, as the delicate flavour about the gelatinous parts of the head is lost after the fish has been twenty-four

hours out of the water. The great point by which the fish should be judged is by its firmness of flesh; to prove this, press the fingers into it; if it rises immediately, the flesh is good, if not, you may be sure it is stale. When cut, also, it should possess a bronze appearance, like the silver side of a round of beef. Stiffness, however, though a sure sign of freshness, is not an equally safe sign of its quality.

### SALMON.

DECIDEDLY the best way to carve salmon is to run the knife right down to the bone along the side of the fish, shown at A to B, and then again from C to D. The thick part should then be helped in moderately thick slices, following the direction of A and B; the thin part should be cut downwards from E to F, and a slice of this thin should accompany a corresponding one of the thick to each guest, for it is in the thin part that the fat of the fish lies. It is a great mistake to carve salmon entirely as we direct the thin part to be cut, though you may do so, for in so doing the flakes of flesh are broken up, and the entire beauty of its appearance destroyed. To ensure possessing a good salmon, see that the belly is both firm and thick, which is easily ascertained by feeling with the thumb and finger. Many are satisfied with the redness of the gills, but this appearance, it is discovered, can be obtained by artificial means, and cannot, therefore, be relied on. One other item is necessary for success—that no knife or fork composed of steel should be inserted into it, on

account of their imparting a metallic flavour to the delicate flesh; therefore, both those used for carving or for eating should be either electro-plated or of silver. In our opinion salmon is the king of fish, but at the same time it is so rich and full in flavour that it does not agree with every person. In a future number we shall have to treat more fully on this subject.





# The Cook and Housekeeper.

SATURDAY, APRIL 16, 1887.

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—20—

**Beef, Boiled.**—In this case the salting and curing is best left to the butcher. The choice pieces are round, aitch bone, silverside, or brisket. If you desire to do it at home, mix an ounce of saltpetre with three of sugar. Rub this well in, and then add three pounds of salt. This operation may be repeated regularly for ten or twelve days, the joint being a good size. For spicery substitute half a pound of brown sugar, which rub in and leave two days. To the former brine add black pepper, allspice, juniper berries, of each two ounces. This operation will take twenty days. The ordinary advice is to wash off the water and boil three hours, not too fast, simmering, in fact, only; when once it has boiled skimming carefully. Kellner, however, objects to a body of water. He says: "Put it into very little water, cover with chopped beef suet, and bake six hours." The heat of water is below 212°; that of beef fat from 300° to 400°. When boiled in water, says Wyvern, be careful. Boiled meat at the English dinner table is often spoiled by being galloped. Meat thus maltreated cannot fail to be tough. Simmer as you would the meat for a *pot-au-feu*. When once boiling point has been attained, ease off the fire a little, and endeavour to get a uniform heat below the pot that will just keep its surface, as it were, alive. An occasional bubble is what you want, with gentle motion, the water muttering to you, not jabbering or fussing as it does when it boils.

**Beef Bouille.**—Take the thigh bone out of rump of beef, wash a part of it, then pour a gill of vinegar over it; dredge it well with vinegar, put it in a pot large enough to turn it conveniently, pour over it three pints of water, then put the pot over the fire till it boils. Prepare and cut up small pieces of carrots, cabbages, potatoes, and turnips, nearly a pint bowl of each, which must be added to the beef; also two onions sliced, a spray of sweet marjoram, then season all with two table-spoonfuls of salt and nearly one of black pepper. When the pot has come to a boil, it may then be set over coals close covered, on the hearth; if you cook on a stove, setting on the back part will answer the same end; it should be kept stewing constantly, but slowly, at least five hours. As there will not be liquor enough to cover it, the beef should be frequently turned over in the pot; pickled capers or cucumbers are a great improvement to the sauce.

**Beef à la Mode** may be made in various ways. An old way was to take a piece of beef two inches thick, to beef it, and then to soak it for two hours, with some bacon, in vinegar or verjuice, seasoned with salt, pepper, a laurel leaf, or other fine herbs. It must be turned once or twice in this sauce, then taken out and larded; it may then be cooked in a batter. Another way is to take some fleshy part of beef—beef or rump, unless economy is desirable. The quantity may be five or six pounds. The meat must be rubbed with mixed spice, salt, and a little flour. The whole is then put in a stewpan with slices of bacon. On top put some more bacon, a pint of gravy, and a little vinegar. When it has cooked some time, season with pepper, cloves, mushrooms, and some small onions. When quite done, serve hot with the gravy. The onions should be fried, and the other vegetables cut up in small pieces. Simmer according to the size of the meat. Gouffe advises four pounds of flank of beef and ten pounds of bacon, and says it is to be cooked in a pint of French wine, a gill

of brandy, a pint and a half of broth, a pint of water, with two calves' feet. The vegetables as above. Another way is to cook six or eight pounds of beef in dripping, some minced onions, flouring the whole. When mixture is thick, add a couple of quarts of water, then skim, and season with brown pepper. Sir Henry Thompson, on the authority of Gouffe, says: Take about four pounds of thick steak cut in a lump. Take nearly a pound of fat bacon, without rind, which cut in strips, about one-third of an inch thick, which pepper. This is to be used to lard the bacon. Cook as above.

Stewed rump of beef may be done in a different way from the above. Select, say, ten pounds. Lard it with bacon. Sew a bone with three pounds of the trimmings of any other meat, three ounces of lean ham, an onion, a carrot, a turnip, a small head of celery, a leek, some parsley, thyme and bay leaves, two peppercorns, and a small blade of mace; put half a pint of water in a stewpan; then stand over a brisk fire and stir until the sauce is thick. Put in the beef, cover with water, skim when it boils, and let it stew two hours and a half. When it is done add two onions, some butter, a teaspoonful of sugar which has been stewed together. To this add carrots and turnips cut up in dice. Lay the beef on a dish, and arrange the vegetables around it. In some cases put in less vegetables, and add tomato sauce.

**Beef (Raw).**—In the case of raw meat, brown it in a saucepan with some butter, place neatly cut carrots on top, and add to this half a pint or more of water, cover up, and simmer. The lid should be kept tight until it is time to turn the meat; then add onions, ketchup, and salt. Cover up again and simmer once more.

**Beef, Ribs of,** may be served up very nice if a piece of seven or nine pounds is boned and rubbed in salt and saltpetre for six or eight days. This is then washed, tied in a cloth, and boiled, or, rather, simmered, according to weight. It can be served with carrots and other vegetables.

**Beef Stew** can be made from any lean part of the rump, fillet, or buttock, or from cold meat. Many people do not care to stew raw meat, but as a way of serving up what is left of a roasted joint so that it may make a hot and appetising joint, stewing is highly esteemed. Cut off, then, as much of the cold joint as will afford enough food for your family, and about an hour before dinner time lay it in a stewpan with a lid to it; add butter in proportion to the size of the dish, or if you have been provident enough to set aside a good portion of yesterday's gravy you will need almost none. Cut into rings a boiled carrot, also a whole pickled cucumber, chop up the fraction of an onion and two or three cold potatoes, adding pepper and salt to your taste, as also a whole teaspoonful of whole allspice; then add a little hot water; cover up your stewpan closely, and set it where it may stew gently until the hour comes for serving; send it to table in a covered dish, and, if carefully prepared, the chances are that the family will enjoy it more than many an elaborate preparation.

**Beef, Braised,** in Italian fashion, is made from a piece of the rump, boned, trimmed, and tied up in a nice lump. It should be simmered some time, and then put in the braising pan with a sauce made of carrots, onions, shallots, bay leaves, thyme, and some good, rich gravy. When the same is reduced add some wine. This should be added to the meat when made. Cook two hours and serve.

**Beef, Pressed.**—First have your beef ready pickled; let it stay in pickle a week; then take the thin fleshy pieces, such as will not make a handsome dish of themselves, put on a large potful, and let them boil until perfectly done; then pull it to pieces, with pepper, salt, and allspice; put it into a coarse cloth, and press down with some very heavy weight. This makes a most acceptable presentable dish. Some dissolve a little saltpetre in water, a pound and a half of common salt, and rub the pickle in for eight or ten days, for say ten pounds. This is then tied into a round, and simmered for about four hours. Press when cold.

**Beef Fillets Sauté.**—This dish is less palatable than beefsteaks, but is excellent. Cut slices of fillet, put them over a quick fire in a frying-pan with a little butter, turn them when they become brown. After they have been on that side a minute, take out, add some browning, which has been prepared with some stock, season with pepper, salt, and chopped parsley, put the

meat back in the sauce, let it simmer, and serve up hot.

**Beef, Spiced,** is an excellent thing in its turn. Choose a nice brisket or a fleshy piece of the flank for this operation. Remove all bones. Rub the joint well with salt, and let it lie in the brine for about two days. Then spread it out flat, dry it, and lay a coating of the following spices over the inside, in the same manner as you would spread jam over the paste before making a roly-poly pudding:—Half an ounce of cloves, half an ounce of ground peppercorns, half an ounce of mace, a table-spoonful of finely mixed parsley, half one of marjoram, the chopped rind of a nice yellow lemon peeled very finely, and a dust of cayenne pepper; set up the brisket and tie it tightly with a string. Stew it slowly until tender; set it when done under a weight; when cold, remove the string; trim the joint neatly, glaze it, and when the glaze is dry the beef may be considered ready for table. A couple of glasses of Madeira, mixed in the liquor in which the beef is cooked, will improve the flavour greatly.

**Beef, à la mode, Cold, for Supper.**—Take a piece of bullock, which lard with fat bacon. Fry it brown in a pan, and put it in the saucepan with the bones around. A calf's foot, a good glass of brandy, salt, pepper, a bouquet, and garlic. Wet with boiling water. Four hours after the meat has been stewing put in the carrots and some concentrated essence of Italian tomatoes. Cook very slowly for eight or nine hours.

**Beef à l'Etoffie.**—Fry four rashers of bacon, then take them out of the pan and put in a piece of fillet, which, when brown, take out. Put back two rashers of bacon, on top of this put the meat, and over it the other two rashers. Add a good stuffing of fine herbs and mushrooms, and a glass of good brandy. Cook it six or seven hours, and serve hot. English diners may prefer it less well done. It is worth trying.

**Beef, au Persil** is made by taking boiled beef cut in slices. To this add some of the fat from the water in which the beef has been boiled for *pot-au-feu* (see beef soup), putting this first in a saucepan, with the half of a gill of *bouillon*, a wineglassful of white wine or brandy. Put the beef on top, then add salt, pepper, a bouquet, and a large quantity of chopped parsley. Cook two hours.

**Beef, Emincé of, and Gherkins.**—Trim half a pound of beef from loin or ribs previously served, cut it into pieces about an inch thick, and shave it off in thin pieces. Put into a stewpan a few pieces of the brown outside of a roast piece of beef, cut everythin half-a-dozen mushrooms, two eschalots, half a blade of mace, a small piece of bay leaf, and thyme, with a few pieces of ham, a small piece of butter; let these fry well over the fire. Add half a pint of some good sauce, let it boil at the corner of the stove ten minutes or a quarter of an hour, skim it well and rub it through the tammy. Put it into the stewpan with four gherkins sliced, add the beef first prepared, stir it over the fire till well heated, without boiling. Fry corks of bread, of which form an upright ring round the dish, and pour in the *émincé*; glaze the bread, and put over the top a few pieces of gherkins, warmed in a half glaze.

**Beef and Sago Soup.**—Three pounds of coarse beef, minced fine; three quarts of cold water, one table-spoonful of minced onion, half a cup of German sago, soaked for two hours in a cup of cold water; salt and pepper to taste. Put beef, onion, and water on together, and cook gently four hours, and until the liquid is reduced to two quarts; season, and set aside until next day; skim off the fat, strain out through a coarse cloth; put the stock back over the fire, and when it boils throw in the white of an egg; boil fast ten minutes; strain again, without squeezing; return to the fire with the soaked sago, and simmer fifteen minutes.

**Beef Brains à la Marinade.**—Make a marinade, or pickle, with a piece of butter rolled in flour, a little water, salt, pepper, vinegar, a chive of garlic, a few shallots, three cloves, some parsley, and green onions; make the marinade lukewarm, stirring it at the same time over the fire; put in some brains that have been soaked in lukewarm water, cut them in slices of half a finger in thickness, let them soak for two hours, then strain and sprinkle them with flour; lastly, fry them, and dish up with fried parsley.

**Beef Brains en Matelotte.**—Clean and wash the brains carefully, removing the thin membrane that encloses them; let them soak for



some hours, then boil them half-an-hour in water mixed with some wine or vinegar, thyme, bay leaves, parsley, and salt. When they are done strain them. Brown some onions in butter, sprinkle them with flour, moisten them with the wine in which the brains were dressed, to which add, if you please, some mushrooms; dish the brains, pouring your ragout over them.

**Beef, Fillet of, Larded.**—Take the inside fillet of a sirloin of beef, and lard it from one to the other, leaving a piece of fat at the side, then marinate it in oil, salt, pepper, sliced onion, bay leaf, and parsley four-and-twenty hours. Braise it as you would a fricandeau. Glaze it, and serve under it any suitable sauce and potatoes cut round the size of marbles.

**Beef, Fillet of, with Endive.**—Prepare the beef as in fillet of beef, larded, and serve with stewed endive.

**Beef, Fillet of, with Tomato Sauce.**—Prepare the beef as in fillet of beef larded, and serve with tomato sauce.

**Beef, Fillet of, with Cucumbers,** is the same as fillet of beef larded, with cucumber sauce. Cut the cucumbers large, lay them *en miroton*—that is, one being on the other, all round.

**Beef, Frizzled, Dried.**—Ordinary cooks slice dried beef too thick, and cook it too long; it should be cut so thin that it will curl up like shavings. If the beef is fat, as good beef should be, no butter will be needed in the pan; but if any is used it should be only enough to grease the pan, which should be very hot when the beef is thrown in; stir it quickly around the pan for a moment, pour over it some rich cream; let it boil up once, and serve. If milk is used, dust a little flour on the meat, and stir with it before adding the milk, and a small piece of butter will improve it.

**Beef, Hashed.**—Cut the beef into small, thin slices, which lay upon a plate, and to every pound of beef add a teaspoonful of flour, a little chopped onion or eschalots, two saltspoonfuls of salt and half a one of pepper; mix the whole well together, and put it into a saucepan with half a pint of water; stir it over the fire until upon the point of boiling, when set at the corner of the fire to simmer for ten minutes; it is then ready to serve. A great addition to the appearance of hash may be effected by adding a few spoonfuls of brown gravy.

**Beef Kidneys.**—Cut the kidneys in thin slices, and set them upon the fire with a piece of butter, some salt, pepper, parsley, green onions, and a chive of garlic, the whole shred fine. When done take them off the fire. They should not boil too long, otherwise they become tough; add, when served, a few drops of vinegar and a little cullis. Beef kidneys may also be served, cooked *à la braise*, with shallot sauce or sauce piquante.—*Au von blanc*, or with white sauce. Cut the kidneys into thin slices, sprinkle them with flour, and fry them in butter, with salt, pepper, parsley, and green onions, shred fine. When fried, moisten them with white wine, then add a little stock, and dish up.

**Beef Kidney (Another Way).**—Cut a nice fresh beef kidney into slices about the size of half a crown piece, but double the thickness (avoiding the white part or root, which is tough and indigestible), then put a quarter of a pound of butter into a stewpan upon the fire, and when very hot but not black, put in the pieces of kidney, stirring them round with a wooden spoon three minutes over a brisk fire; then add, for each pound weight of kidney, half a table-spoonful of flour, half a teaspoonful of salt, half the quantity of pepper, a little sugar, moisten with a gill of water, and half a glass of sherry, add a little browning if handy, and let simmer gently for five minutes, stirring them round occasionally, if too thick add a few drops more of water, the same should be sufficiently thick to adhere to the back of the spoon, pour them out upon your dish, and serve very hot.

**Beef, Minced.**—Cut a pound and a half of lean minced beef into very small dice, which put upon a plate; in a stewpan put a table-spoonful of fine chopped onions, with a piece of butter the size of a walnut, which stir over a fire until the onions become nicely browned, then stir in half a table-spoonful of flour, with which mix by degrees half a pint of broth or water, to which you have added a few drops of browning and a teaspoonful of vinegar; let it boil for five minutes, stirring in the pepper and salt, and when hot pour it into a deep dish, and serve with a sippet of toasted bread, round, or poached eggs.

**Beef, Minced** (the Portuguese way).—Chop very fine a pound and a half of the upper or under fillet of sirloin of beef, before served; you previously trim away all fat, nerves, skins, and the brown outside; put it into a stewpan with a table-spoonful of flour, to which add about half a pint of the gravy which has run from the roasted joint of beef; season with a little pepper and salt; stir it over the fire till thoroughly warmed through, but observe that, if it once boil, it is spoilt; add a little glaze, merely shaking the glaze brush over it; place six crusts of fried bread in the dish, meeting in the centre; fix it with a little flour and white of egg, the dish being very hot; pour the mincemeat into the divisions, in each of which put a fine poached egg, or an egg boiled five minutes; sprinkle the eggs with a little rough pepper, coarse salt, and a few drops of glaze; glaze the crusts of bread, and serve.

(To be Continued.)

## Vegetarian Cookery.

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### MASHED VEGETABLES AND OTHER DINNER PREPARATIONS.

**MASHED POTATOES AND ONIONS.**—Wash and peel the potatoes, peel the onions, and set both on to boil in separate saucepans. The onions will take longer to boil than the potatoes. When cooked, strain and mash—first separately, then together—with a little warm milk, butter, pepper, and salt. Arrange nicely on a dish, score with a fork, cover, and serve immediately; or, if time permits, put into the oven, and brown lightly.

**MASHED POTATOES AND DRIED PEAS.**—Soak the peas overnight; boil three hours in the morning, or until soft. Wash, peel the potatoes, and boil. Strain both, and mash together the same way as for potatoes and onions. The quantity used must depend on the size of family, but a teacupful of peas will do for one and a half pounds of potatoes.

**MASHED POTATOES AND CABBAGE OR GREENS.**—Soak the cabbage in plenty of salt and water; then cut in half, or four if very large, and well wash. Put into boiling water, with a little salt and soda. Boil with the lid off until tender, then drain in a colander. Cut up fine, and mix with the potatoes previously cooked and mashed, as before stated.

[Note.—Any vegetables, such as turnip, carrot, beans, &c., may be cooked and mashed with potatoes in the same way. Old potatoes should be used instead of new ones, as the new ones are not so suitable for mashing. The above dishes may be eaten with bread, or with onion, or white or brown sauce, according to taste.]

**MASHED POTATOES AND EGGS.**—Boil the eggs hard, remove the shells, chop moderately fine, and mix with the potatoes mashed, as described elsewhere. Allow an egg to each person. Serve with white sauce.

**BOILED RICE AND MINCED EGGS.**—Wash and cook the rice in water till tender. Boil the eggs hard, and chop fine; mix with the rice, adding a little pepper, salt, and butter. Allow an egg to each person. The rice, when cooked, should not be too watery or too stiff.

**FRIED VEGETABLES.**—Any cold vegetables left the previous day may be cut up into small pieces, and fried with a little butter. Two or three sorts mixed together may be thus treated.

**MACARONI AND CHEESE.**—Ingredients: A quarter of a pound of cheese without the rind, six ounces of macaroni, half-ounce of butter, one teacupful of milk—pepper and salt to taste. How prepared: Wash and steep the macaroni in cold water for half-an-hour; then cover, and set in the oven until tender. Drain, and put half into a pie dish, over it lay some butter; half the cheese, sliced thin, and sprinkle with pepper and salt. Then add the remaining macaroni, with more seasoning, the rest of the butter and the milk, laying the cheese on the top, sliced, as before. Put into the oven, and when nicely browned serve immediately, or brown before the fire. Eaten with potatoes, it forms a nice relish for those who like cheese.

**MACARONI CHEESE AND BREAD.**—Ingredients: Half-pound macaroni, two ounces cheese, three ounces bread crumbs, one-third pint of milk, teacupful of salt. How prepared: Put the macaroni into boiling water, and boil gently an hour. Drain, and put half into a pie-dish; next sprinkle over it half the bread crumbs, then half the grated cheese (if grater not handy, chop fine with a knife). Use the remaining ingredients in the same way. Pour over the whole the milk in which the salt has been dissolved, and brown in a quick oven about twenty minutes.

**CABBAGE AND MILK.**—How prepared: Cut the outer leaves off a cabbage. Divide in half, and cut out the stalk. Slice or chop fine, put into a saucepan with a little salt and cold water, and set on the stove to boil. Boil from ten to fifteen minutes, then drain off the water; next sprinkle with pepper and salt, add a piece of butter and the milk, which should barely cover it. Set the whole on the stove, and boil about three minutes. If required very rich, use cream instead of milk, or more butter. Eaten alone, with mashed potatoes or any mashed vegetables, or a nice addition to haricot bean pie, taken hot.

**POTATOES AND MILK.**—How prepared: Slice or chop up cold potatoes. Put into a saucepan with a little butter, pepper, salt, and milk. Set over the fire, and boil a few minutes. The quantity of milk will depend on the taste. If required rather dry, only use a very little. This forms a nice breakfast dish.

**BREAD STEAKS.**—How prepared: Cut some slices of stale bread about half-inch thick. Soak in a little milk till rather soft. Season with pepper and salt; dip the slices in beaten egg; sprinkle lightly with flour, and fry in a little butter till nicely browned. Serve with brown, white, or onion sauce, or eat alone with potatoes mashed.

**SCRAMBLED EGGS.**—How prepared: Beat up two eggs, and mix with a teacupful of milk—season with pepper and salt. Put into a saucepan, in which a little butter has been melted. Stir all well together over a moderate fire till set, then turn out either on toast or on a hot dish, and serve at once.

**FRIED COLD POTATOES.**—Cut the potatoes in slices nearly half-inch thick, dredge slightly with flour and salt. Fry in a little butter until nicely browned.

**STEWED HARICOT BEANS.**—Wash and soak the beans all night. In the morning put into fresh cold water, with a little salt, and simmer until tender (about five hours). Drain, and serve with parsley and butter. Keep the liquor in which stewed for soup, or, instead, make the sauce with it, as it contains a great deal of the nourishment and flavour of the beans.

**STEWED MUSHROOMS.**—Peel thin, and place in cold water for a few minutes, then drain, and put into a saucepan without any liquid. Set on the cool part of the stove till the juice is drawn—or about three-quarters of an hour—then stir in a quarter of a pint of milk mixed smoothly with quarter of an ounce of flour and a saltspoon of salt. Boil for two minutes to thicken. This for a quart of mushrooms.

**HARICOT BEAN PIE.**—Ingredients: Paste as for a pie; half-pound of beans, two eggs, three-fourths of a teacupful of tapioca, half-ounce butter. How made: Wash the beans, and steep all night; in the morning cook till tender. Boil the eggs hard, and chop up. Soak the tapioca in cold water all night, adding a little salt. Line the edges of a pie-dish with paste, put in the ingredients in layers—first beans, then egg, then tapioca—sprinkle with pepper and salt, and lay over a few pieces of butter. Continue this process till the dish is full. Pour in half a teacupful of water drained from the beans; cover in with paste, and bake in a moderate oven till nicely browned. This pie is intended to be eaten cold; but, if taken hot, serve with onion sauce, or cabbage and milk. See elsewhere how the latter is prepared.

[Note.—Dried peas soaked, and then boiled till tender, or green peas may be used instead of beans for a change, if liked.]



## HOME DECORATION AND FANCY NEEDLEWORK.

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### PAPER HYDRANGEAS.

PAPER flowers, particularly roses, have been brought to a high degree of perfection. Hydrangeas are newer than roses. These mimic nature so wonderfully that half-way across the room it is impossible to detect the difference.

Hydrangeas may be made of dead white, cream white, pale blue, pale pink, and pale green tissue paper. The dead white is always combined with the other tints to give the semi-shaded effect of nature. For one flower-head cut out about sixteen circles of the paper, eight of white and eight of colour. The circles should measure about four inches in diameter.

Fold each circle separately in half, then in quarters, in eighths, in sixteenths, or until it is regularly marked, like spokes of a wheel, as finely as desired—that is, fine enough for each segment to represent a floret. Then open out the circle, cut each "spoke" an inch or so in depth, and scallop the edges of the circle by rounding each segment. Then twist every floating piece so made over on itself at half its depth.

When sixteen circles have been so treated, take a stout piece of wire a foot in length and thread all the circles upon it. There is an art in doing this. To begin with, the wire must be looped at the top to keep the upper circles from slipping off. The first circle threaded is of colour, the second white, and so on, alternately. Puff the first well up around the wire, so that it will stand above the loop, and its scalloped, twisted edges touch each other, forming a close rosette. Puff the others up under and following this, so that all taken together will form a perfect globe.

When the last circle is in place, slip over the wire a piece of green rubber tubing, such as is used for the stems of artificial flowers. It may be secured at the bottom by a twist of fine hair wire. The tubing will hold the globe in shape.

A cluster of tinted hydrangeas may be arranged in a large vase, with or without the addition of artificial leaves.

### A MEDICINE OR CURIOSITY CUPBOARD.

BOTTLES, pots, and "sich like" have an unhappy knack of accumulating in most establishments, and their tendency to acquire a pretty substantial coating of dust is frequently a source of much annoyance to the tidy housewife. Of late years some most useful little hanging cupboards have been offered for sale at most cabinet warehouses, but they are, as a rule, too costly for general adoption throughout



the house. Our illustration offers an admirable substitute for these rather expensive goods, which can be constructed by anyone possessed of a little ingenuity at little or no cost beyond that of a little enamel paint, the one from which our drawing is taken being the work of a young lady with but a limited supply of carpentering tools at her disposal.

In the first place a soap or cocoa box must be begged from the grocer; see that the wire hinges which fasten on the lid are in good condition, and the lid and box itself minus cracks. Remove the long side of the box to which the lid is *not* fastened, round off the shorter sides as shown in the illustration, and take a narrow strip of wood off the lid. Now replace the long side, glue it securely in position, and beneath it nail some small wooden supports; the little shelf thus formed will be most useful for holding a small vase of flowers, little china ornaments, or any other knick-knacks.

A small brass hook and pin, loop, and two holdfasts must be purchased at an ironmonger's. The former must be fastened to the centre of edge of lid and shelf, as they will serve to keep the lid closed, the hinges being on the lower side, as it is more convenient to have the lid open downwards. To prevent its falling too low, nail tapes or ribbons to either side just long enough to keep the lid open at a convenient angle for removing the contents of the cupboard. Screw the holdfasts to the top, and the carpentering work being now completed, the decoration may be proceeded with. This, of course, will greatly depend upon the taste and talent of the worker engaged upon it. A very simple, and at the same time effective, way of finishing off the cupboard is to give it two coats of black enamel paint, which is procurable at most oil and colour houses, or it can easily be ordered direct by post. Let the enamel paint dry, and then paint some Japanese designs all over it in gold paint.

Nail the cupboard in position, and it will most certainly commend itself to its owner, either for the purpose mentioned, or as a receptacle for paints, &c.

These little hanging boxes, if prettily lined with crimson paper or velvet, also make charming little cabinets in which to keep tiny odds and ends of china, curiosities, &c.

One finished off with flaming enamel and lined with red paper is at present the delight of two "tiny mites" who are being taught to take care of delicate toys, pretty bonbonnières, &c. The arranging of the treasures it contains being valued as a high privilege by the owners of the little fingers occupied with them, the habit of order is thus inculcated, and many pretty trifles saved from the destruction which would inevitably be their fate if left to share the tender mercies shown to larger playthings.

### CROCHET TRIMMINGS.

A new wrinkle in crocheted trimmings is the introduction of wheels, squares, and medallions cut out from Hamburg embroidery. These figures are cut out carefully, the edges overcast, buttonhole-stitched, or bordered with a close band of single crochet, then joined in a chain, and a heading and picot-edge crocheted lengthwise of cotton or linen thread. The spaces between are ingeniously filled by long stitches, chains, and shells; the heading consists of simple rows of double or single crochet, alternating with chains of two or three, and the picots are arranged upon scallops, according to fancy. The embroidered groups constitute the real pattern, so that any ingenious worker may easily supply the rest of the trimming. The idea may be carried out in bands, yokes, sleeves, or whole sheets of fine work.

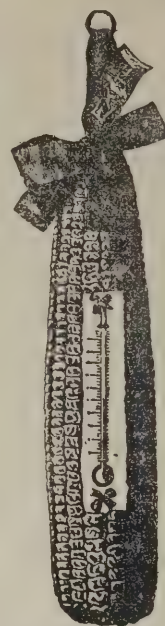
### NOVEL TABLE-COVER.

A pretty table-cover consisted of a square of felt almost entirely covered with discs about the size of a teacup, which, in all probability, had been used as a pattern for cutting them. These discs were composed of pieces of silk, plush, velvet, brocade, and novelty fabrics of all shades, colours, and patterns, and were carefully buttonhole-stitched and applied with coarse yellow embroidery silk. The only places at which the garnet foundation showed were through the interstices between the discs, which last were arranged to touch each other. In the centre of each resulting space was worked a conventional yellow silk star. This table-cover, in fact, was "crazy" in its many colours and fabrics, but it was crazy with a rational idea running through it, as it was formed according to a regular plan.

### TOILET MAT.

A pretty mat for the bureau or cover for a pincushion may be made as follows:—Take a square of bolting-cloth and lay upon it two pieces of ribbon two inches in width, to cross each other diagonally, like a St. Andrew's cross. The two pieces should be of contrasting colours. Favourite combinations now are pink and copper, pink and apple green, gentian blue and orange, and others equally startling. Secure the edges with gold and silver tinsel in Point Russé stitches. Finish by a border of Oriental lace.

### THERMOMETER.



gay ribbon forms a very pretty combination of colour.

### SHAVING-PAPER CASE.



painted on. This is fastened on the upper part of the cross by means of a stitch at each angle. A quantity of coloured tissue papers cut the shape of the cross are fastened between the wire crosses. The wires are bent ray-shaped above the cross. The back and front tied together with ribbon the shade of the plush. Being in the form of a Maltese cross, it will make a very appropriate gift.

### PRACTICAL HOUSEHOLD HINTS.

TESTED AND FOUND USEFUL.

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MACHINE grease may be removed from wash goods by dipping in cold rain water and soda.

If mustard be mixed with the white of an egg instead of water the plaster will draw without blistering the skin.

If the brass top of a kerosene lamp has come off it may be repaired with plaster of Paris wet with a little water.

STAINS may be removed from the hands by washing them in tomato juice, or salts of lemon, or diluted oxalic acid.

No kitchen should be without scales to test the integrity of things purchased by weight, and to verify the quantities in the various recipes.



## EASTER CUSTOMS.

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## EASTER EGGS.

THERE are some very strange theories about the origin of Easter eggs, "commonly called Pasche or Paster eggs," says the learned John Brand. A writer in *Notes and Queries* traces the origin to very old times and to the Mahomedan Feast of Nooroose or the waters, an anniversary celebration of the creation and deluge. Gebelin, a great authority on all such matters, says "that the custom of giving eggs at Easter is to be traced up to the theology and philosophy of the Egyptians, Persians, Gauls, Greeks, Romans, &c. among all of whom an egg was an emblem of the Universe, the work of the Supreme Divinity. Eggs were held by the Egyptians as the sacred emblem of the renovation of mankind after the deluge. The Hebrews adopted it, to suit the circumstances of their history, as a type of their departure from the land of Egypt, and it was used in the Feast of the Passover as part of the furniture of the table, with the paschal lamb. Christians have certainly used it unto this day, as retaining the elements of future life, for an emblem of the Resurrection. It seems that the egg was thus derivated as a religious trophy after the days of mortification and abstinence were over, and festivity had taken place, and as an emblem of the resurrection of life, certified to as by the Resurrection from the regions of death and the grave."

The ancient Egyptians, if the resurrection of the body had been a tenet of their faith, would, perhaps have thought an egg no improper hieroglyphical representation of it. The extraction of a living creature by incubation, after the vital principle has a long while lain dormant, or seemingly extinct, is a process so truly marvellous that, if it could be disbelieved, would be thought a miracle, or, as Gebelin says, "as incredible to the full as that the Author of Life should be able to reanimate the dead."

A writer in the *Gentleman's Magazine* many years ago supposes the egg at Easter "an emblem of the rising up out of the grave in the same manner as the chick, entombed, as it were, in the egg, is in time brought to life." Le Brun, in his travels, tells us that the Persians kept the festival of the solar New Year in March, and that it lasted several days, during which they presented each other with coloured eggs variously tinted yellow, red, and sky blue. Hyde, in *Oriental sports (de Ludis Orientalibus)*, tells us of one with eggs among the Christians of Mesopotamia on Easter Day and forty days afterwards, during which the children buy themselves as many eggs as they can, and stain them with a red colour in memory of the blood of Christ. Some tinge them with green and yellow. Stained eggs are sold all the while in the market. The sport consists in striking these eggs one against another, and the egg that first breaks is won by the owner of the egg that struck it. Immediately another egg is pitted against the winning egg, and so they go on, as Hyde remarks—as in that barbarous sport of a Welshman at cock-fighting—till the last remaining egg wins all the others which their respective owners shall before have won.

This sport, he tells us, is not retained in the midland parts of England, but seems alluded to in the old proverb, "An egg at Easter," because the liberty to eat eggs begins again at that festival, and hence must have arisen this festive egg-game. Severe religionists never eat eggs during Lent, but begin again at Easter, and hence the egg feast at Oxford, when the scholars took leave of that kind of food on the Saturday after Ash Wednesday, in what is called Cleansing Week.

"In the North of England," continues Hyde, whose book appeared in 1694, "in Cumberland and Westmoreland, boys beg, on Easter Eve, eggs to play with, and beggars ask for them to eat. These eggs are hardened by boiling, and tinged with the juice of herbs, broom, flowers, &c. The eggs being thus prepared, the boys go out and play with them in the fields, rolling them up like balls into the air." Eggs stained with various colours in boiling, and sometimes covered with leaf gold, were at Easter presented to children at Newcastle-upon-Tyne and other places in the north, where these young gentry ask for their paste eggs as for a fairing at this season. Paste is, of course, a corruption of *pasque*. In the Beehive

of the Romish Church, 1579, they are called Holy Pace eggs.

"Easter," says Gebelin, "and the new year have been marked by similar distinctions. Among the Persians the New Year is looked upon as the renewal of all things, and is noted for the triumph of the Sun of Nature as Easter is with Christians for that of the Son of Justice, the Saviour of the World, over death by His resurrection." The feast of the New Year, Gebelin tells us in his *Scrabbed Latin*, which few can understand, was celebrated at the Vernal Equinox—that is, at a time when the Christians, removing their new year to the winter solstice, kept only the festival of Easter. Hence, with the latter, the feast of eggs has been attached to Easter, so that eggs are no longer made presents at the new year.

In Italy, Spain, and in Provence, Father Carmelli tells us, where most ancient superstitions are retained, there are in public places certain sports with eggs. This custom he derives from the Jews or the Pagans, for, as he observes, they are common to both. The Jewish wives, at the feast of the Passover, upon a table prepared for the purpose, place hard eggs, the symbol of a bird called ziz, concerning which the Rabbis have a thousand legends.

The time of keeping Easter in England is according to the rule laid down in the Book of Common Prayer, which it may be here proper to re-state:—"Easter Day, on which the movable feasts depend, is always the first Sunday after the full moon which happens upon, or next to the 21st day of March; and if the full moon happens upon a Sunday, Easter Day is the Sunday after." In conformity, therefore, with this rule, if the 21st of March falls upon a Saturday, and a full moon happened upon that day, the next day Sunday, the 22nd of March, must be Easter Day. It will be observed, therefore, that Easter Day can never occur earlier than 22nd March.

Among the abundant information in the "Every-day Book" concerning former customs in Easter, the practice of stoning Jews is stated at some length.

It may be added, as an historical fact that the people of Paris were accustomed during Holy Week and on Easter days to pursue the Jews through the streets with stones, and to break the doors and windows of their houses.

In some provincial towns it was the practice on holidays to secure a Jew and publicly beat him on the face. An old chronicler relates that Amerio, Viscount de Rochechouard, having visited Toulouse, the chapter of St. Etienne, in order to do him honour, appointed Hughes, his chaplain, to beat a Jew, according to annual custom at the Easter festival.

## DANCING TO THE SUN.

The day before Easter Day is sometimes called Holy Saturday. On the evening of this day in the middle districts of Ireland, great preparations are made for the finishing of Lent. Many a fat hen and dainty piece of bacon is put to the pot by the cottar's wife about eight or nine o'clock, and woe to the person who should taste it before the cock crows. At twelve is heard the clapping of hands and the joyous laugh with a "Shidh or mogh or corries"—i.e., Out with the Lent. All is merriment for a few hours, when they retire and rise about four o'clock to see the sun dance in honour of the Resurrection. This ignorant custom was not confined to the humble labourer and his family, but was scrupulously observed by many highly respectable and wealthy families, different members of whom have been heard to assert positively that they have seen the sun dance on Easter morning.

Again, from the British Apollo, a presumed question to the sun himself upon the subject, elicits a suitable answer:—

Q.—Old wives, Phœbus say  
That on Easter Day  
To the music of the spheres you do caper;  
If the fact, sir, be true,  
Pray let's the cause know,  
When you have any room in your paper.  
A.—The old wives get merry  
With spiced ale or sherry,  
On Easter which makes them romance,  
And whilst in a rout  
Their brains whirl about,  
They fancy we caper and dance.

A bit of smoked glass, such as boys use to view an eclipse with, would put this matter clearly to every eye but that of wilful self-deception, which, after all, superstition always chooses to see through.

## LIFTING.

In Lancashire, Staffordshire, Warwickshire, and some other parts of England there used to prevail the custom of lifting in Eastertide. This was performed mostly in the open street, although often submitted to in the house. People formed into parties of eight or even more, and from everyone lifted or heaved extorted a contribution. The late Mr. Lysons read to the Society of Antiquaries an extract from a roll in his custody, as keeper of the records in the Tower of London, which contains a payment of certain ladies and maids of honour for taking King Edward in his bed at Easter; from whence it has been presumed that he was lifted on the authority of that custom, which is said to have prevailed among all ranks throughout the kingdom.

Lifting, or heaving, varies a little in different places. In some places the person is laid horizontally; in others, placed in a sitting position on the bearers' hands. Usually, when the lifting or heaving is within doors a chair is produced, but in all cases the heaving is incomplete without three distinct elevations.

It is inquired in Burton's "Athenian Oracle," "Why does the sun at his rising play more on Easter day than Whit Sunday?" The question is answered thus:—"The matter of fact is an old, weak, superstitious error, and the sun neither plays or works on Easter Day more than any other. It is true it may sometimes happen to shine brighter that morning than any other; but if it does, it is peculiar and accidental."

In some parts of England they called it the lamb playing, which they look for as soon as the sun rises in some clear and spring water, and is nothing but the pretty reflection it makes from the water, which they may find any time if the sun rises clear, and they themselves early and unprejudiced by fancy."

The folly is kept up by the fact that no one can view the sun steadily at any hour; and those who choose to look at, or at its reflection in water, see it apparently move as they would on any other day.

Brand points out an allusion to this vulgar notion, in an old ballad—

"But oh she dances such a way,  
No sun upon an Easter Day  
Is half so fine a sight."

A Warwickshire correspondent states that Easter Monday and Easter Tuesday were known by the name of Heaving-day, because on the former day it was customary for the men to heave and kiss the women, and on the latter to retaliate upon the men. The women's heaving day was the most amusing. Many a time have I passed along the street inhabited by the lower orders of people, and seen parties of jolly matrons assembled round tables, on which stood a foaming tankard of ale. There they sat in all the pride of absolute sovereignty, and woe to the luckless man that dare to invade their prerogative! As sure as he was seen, he was pursued; as sure as he was pursued he was taken; and as sure as he was taken he was heaved and kissed, and compelled to pay sixpence for leave and license to depart.

Conducted as lifting appears to have been by the blooming lasses of Shrewsbury, and acquainted as all who are actors in the observance must be, of even the slightest knowledge, that it is practised as an absurd performance of the resurrection, still it must strike the reflective mind as at least an absurd custom "more honoured in the breach than the observance."

## EASTER IN LONDON IN THE OLD DAYS.

It may interest our readers to know how our ancestors enjoyed themselves on this holiday. In 1833 a keen writer and satirist says:—

"Easter Monday and Tuesday and Greenwich Fair are renewed as holidays 'throughout most manufactories and trades conducted in the metropolis.' On Monday Greenwich Fair commences. Frequently of late the place has been the scene of wild disorder, but it is still visited by thousands from London and the vicinity; the lowest join in the hill sports, others regale in the public-houses, and many are mere spectators of what may be called the humours of the day.

"On Easter Monday, at the very dawn, the avenues from all parts towards Greenwich give sign of the first London festival in the year. Working men and their wives, 'prentices and their sweethearts, blackguards and bullies, make their way to the fair. Pickpockets and their



female companions go later. The greater part of the sojourners are on foot, but the vehicles for conveyance are innumerable. The regular and irregular stages are, of course, full inside and out. Hackney carriages are equally well filled; gigs carry three, not including the driver, and there are countless private chaise carts. Intermingled with these, lower carts, usually employed in carrying goods, are now fitted up, with boards for seats; herein are seated men, women, and children. Now and then passes like 'some full-sized amiral,' a full-sized coal waggon, laden with coal-heavers, and their wives, and shadowed by spreading boughs from every tree that spreads a bough; these solace themselves with draughts of beer from a barrel aboard, and derive amusement by criticising walkers and passengers in vehicles passing their own, which is of unsurpassing size.

"The six-mile journey of one of these machines is sometimes prolonged from dewy morn to noon. It stops to let its occupants see all that is to be seen on its passage, and what are called the Gooseberry Fair by the wayside, whereat heats are run upon half-killed horses, or spare and patient donkeys.

"At nightfall, 'Life in London,' as it is called, is found at Greenwich. Every room in every public house is fully occupied by drinkers, smokers, singers, and dancers, and the balls are kept up during the greater part of the night. The way to town is now an indescribable scene.

"Of all the sights the most miserable is that of the poor broken-down horse, who having been urged three times to and fro from Greenwich with a load of pleasure-seekers at sixpence a head, is now unable to return for the fourth time, with a full load back."

All this is now a thing of the past.

## WOMAN IN THE HOUSEHOLD.

—:O:—

### THIN CURTAINS FOR THE DRAWING-ROOM.

ARTISTS long ago realised the garishness of light streaming through the starched white surface of large-patterned lace; but it was not, so easy to convince amateurs. Madras curtains, in buff or cream undressed muslin, with conventional Indian designs in some tone of colour, have come to supply the demands now made in window-furnishing. A warm and pleasing light can be made by lining Madras cream muslin with undressed buff silk.

Any thin Indian fabric can be used for this purpose. A set of curtains in eau Indian muslin has geometrical figures, outlined here and there in yany and buff and pale-red filoselle.

In cheaper fabrics come cream muslins with air-line strips of red and blue; also an inexpensive white muslin with red stripes—a great favourite for country house sash curtains, where it may be tied back with red ribbons.

Muslin curtains with strips of antique lace let in are always fashionable; and Nottingham lace is now sold in excellent block patterns, or with small, well-defined ornaments, in strong contrast with those of former days, when our fathers and mothers thought there could be nothing more beautiful than the representation upon their window drapery of immense tropical jungles of leafage, ferns, and palms, mixed with roses, tulips, and lilies of the valley.

### INDIAN MULLS.

These fabrics, used as scarves by native dancing girls, are to be had in tints of dark colour, currant colour, buff, salmon, and cream—stuffs that might have veiled from profane gaze the loveliness of "Break o' Day," "Cluster o' Pearls," "Heart's Delight," and the rest of those heroines who tormented Abou Hassan while he was temporary Caliph of Bagdad.

For a smoking-room the sash curtains of dark blue mull had tiny silver sequins sewed at intervals along the edge. Curtains of salmon mull had a delicate tracery of silk in the same shade upon the hem.

### EMBROIDERED WINDOW SHADES.

As a variety upon the present mania for red Holland window shades—their lurid glare suggesting, as was recently said, "a descent into the inferno at afternoon tea"—many ladies are embroidering, in outline work with filoselle and crewels, shades made of grey or buff linen.

A simple conventional pattern is best for

this purpose, to be worked in browns and deep crimson near the hem, which is furnished with guipure d'art, or with cotton fringe.

Shades from the South Kensington Art Schools have rather conspicuous designs of conventional blue flowers and leaves. Shades with drawn-back borders are very handsome; and a set coming from Fournay, made of grey linen, adorned with crewel and open work with gold embroidery, are edged with guipure lace. Shades made of Tussore silk are lovely, and those in pale buff linen, with brown silk embroidery, are always in good taste; also striped white and grey Holland shades, through which the light falls soft and clear.

The puffed shades in yellow silk, introduced a few years ago, were too conspicuous to be generally liked, and the crimson ones no doubt will have an equally brief career.

### DRAWING-ROOM CHAIRS.

Chairs, like afternoon coffee-cups, seem to be selected nowadays with a view to their afternoon effect. One sees the little gilt beauties, their saten seat powdered with embroidered flowers, drawn confidently up to a pure Puritan Cromwell in oak, severely plain, save for its dark cushion in maroon plush. Gilt wicker, flaunting with bows like a bed of poppies, confronts the rigid dignity of a Tudor or Eastlake specimen in solid wood, while Wakefield rattans hobnob most cordially.

The Chinese bamboo chairs, gilded, are light and elegant when sparingly introduced; and the old mahogany three-cornered fireside chairs, for which cushions may be worked in cross-stitched tapestry in faded colours.

### MARKET HARBOUROUGH CHAIR.

A luxurious retreat for an idle moment is afforded by a black wicker chair, cushioned with sage green stamped plush, and tied with numerous bows of sage green, and pale pink satin ribbon. A large pink mallow flower with foliage is embroidered on the seat, and the rounded cushion for the back has a similar device.

### OXFORD CHAIRS IN WAKEFIELD RATTAN.

A new chair in rattan, called the Oxford, has become very popular. Square, compact, finely woven, with arms enclosed, and without rockers, the Oxford is a very comfortable chair. Those in plain rattan are beautiful when cushioned with blue plush. Cushions of peacock blue, of old gold, or of garnet, are used for the black and gold chairs. The new plaited border is a great improvement on the open one so long used to thread with ribbons.

### A WOOD BASKET FOR THE DRAWING-ROOM.

A wood basket in black wicker, the high flat sides decorated with a square of dark blue velvet, displaying a large conventional flower of the daisy type in old gold plush, with brown centre crowned with gold, the petal also outlined with gold. The stiff foliage of embroidered leaves was carried into the four corners of the square, the leaves outlined with gold. Along the lower edge of the blue velvet was a narrow fringe in sewing-silk.

### SOFA CUSHION IN APPLIQUE PLUSH.

On a ground of mignonette green saten, a bold pinnate leaf extends diagonally from the lower right-hand corner of the square. The decoration, cut from dark moss-green plush, is veined, and outlined with gold thread. Interwoven with the leaflets, and beginning at the upper left hand, depends a motto in antique letters in fine garnet plush, and traced with gold:—"Lie still and slumber." This handsome cushion is lined with garnet satin and edged with a cord of garnet and gold.

### CURTAIN EMBROIDERY, APPLIQUE OR PLUSH.

A cushion of Cretan embroidery transferred to plush is always elegant. Turkish or Cretan squares, containing detached sprigs suitable for applique, may be bought in many of the shops. This work requires much care in the execution.

### TIDIES.

We have said nothing of tidies—articles in which, to some minds, the whole scheme of decorative needlework begins and ends. This we may infer from the extraordinary objects in the way of crewel work on linen crash generally exhibited by the workers who assume to know all about decorative art, of course.

Having achieved a diminutive sunflower, coupled with giant bulrushes in a rigid group, upon one end of a piece of kitchen towelling, they are extended to the boast.

### BELL-PULLS.

These have been brought into use again by decorators representing the reign of Good Queen Anne. Velvet, silk, and canvas are the best materials for this work. A stiff lining is added, and a ring and a narrow brass bar are secured to it at bottom.

### LAMPS, CANDLES, AND SHADES.

Of late there has been a great demand for decorated lamps, and the leading shops are full of things. The occasional lamp is beautiful enough to tempt a wiser woman than Aladdin's wife to part with her husband's treasure.

With the addition of a globe in engraved glass, and that greatest illuminator of modern homes, the patent Duplex burner, one of these lamps is a joy in the household.

Candlesticks and candelabra are sold in brass, glass, china, and pottery.

Decorated candles have been superseded by those in clear colours, of which rose, crimson, and white are most used. Pink or red candles, fluted in spirals, are pretty for drawingroom or dinner-table.

Candle shades with fixtures to sustain them are made of coloured paper, plain or ornamented. These are much used at present in plain colours, and cut into patterns lifted by the knife into a sort of low relief, or in crackle shades with flower decorations.

Lamp shades are now to be obtained in ribbed porcelain, white, blue, rose, and green. They have taken the place of tissue paper shades—an epidemic lately prevailing.

The amount of gymnastic exercise necessary from the gentlemen and servants of a family whilst tissue paper shades continued to blaze up at unexpected intervals upon inaccessible gas-burners was immense.

Abat-Jours, the French shades in drawn crimson silk, with heavy fringes, are still used. Coverings for the lamps are made of hand-made tape guipure lined with crimson, blue, or yellow silk. Lamp shades are also made of silk joined in sections, and painted in gouache colours.

### CINDERELLA'S SLIPPERS.

In the original fairy tale of Cinderella, of French origin, the Prince gives to the little maiden a pair of slippers lined with minever or petit ver—a fur which was the prerogative of Royalty.

In the story translated into English "petit ver" was translated into "little glass," and thus came down to us a myth beloved of children and held in memory by their elders, with whom the fairy slipper has ever been a favourable device in boudoir and drawing-room.

One sees the slipper in cut glass, in iridescent glass, in engraved glass; but prettier are they in fine white porcelain, dotted over with tiny blue corn-flowers, or in old Dresden ware with garlands and rosettes of flowers in relief. They appear also in Sèvres, in Worcester, or Minton porcelain, in pink, blue, and yellow. A cluster of violet often finds its way to the toe of this delicate trifle; and again it is filled with bonbons and set temptingly at the elbow of my ladies' guests, on a low velvet-covered table, with which it so well assorts, and where it is found with a dozen other *bebe bote* as useless and eccentric as itself.

### SILK RAG CURTAINS.

Collect every rag of silk, whether new or old, to be found about the house. Sometimes a faded light silk may for a very small sum be dyed crimson or dark blue, which helps materially. Cut the silk into strips from a quarter of an inch to half an inch wide. Whether bias or straight, uneven or regular, sew all the pieces together securely and fasten your threads firmly.

There is no necessity for a chain. Roll the strips into a ball, keeping each colour to itself. Weigh the balls, and, when you have accumulated eleven pounds of silk, send them to a weaver, or fold the silk into narrow bands to suit himself. Cutting and jointing the strips for a silk rag curtain is a good occupation for the little girls of a family.

(To be Continued.)



## HOME WORK.

—:O:—

(BY A LADY CONTRIBUTOR.)

IN anticipation of the grand annual spring cleaning I have been looking over various stores during the past week. Among other things requiring attention I came upon a bag full of goose feathers, so soft and white, but with rather more than a suspicion of the goosehouse in their smell; I therefore spread as many of the feathers as a newspaper would hold on it, and set them into the oven till next day; put these into a clean bag, and treated the whole of the feathers in the same way. With these I add to the contents of beds and pillows where required, the remainder I use for cushions, making the covering of good bed tick, and the outside covering is added to them as I have time. If made up in the tick the feathers are nicely out of the way, and can be packed into a box until required for use at home or for presents. The large pillows made in the French style about a yard and a half square are an inestimable comfort to invalids, to whom the small square cushions of the usual size are an unbearable nuisance, so easily displaced are they and so all-present.

The next thing I attended to was some summer curtains, which the bright sunshine proclaimed dingy in the extreme. These are to be washed, wrung out of hot soapy water, and pinned down on the grass to bleach; they will be sprinkled with soapy water when dry and left out three or four days and nights; some bed linen will be treated in the same way; they are washed and bleached, and then look as fresh and white as when new. The yellow Indian curtains are simply washed, very slightly stiffened, stretched, and hung up again.

My next work was to look over the cleaning utensils, and order new scrubbing brushes, cloths, soaps, and all the other necessities to the annual topsy-turvy. The soap is cut in convenient pieces for use, and put away in a dry and rather warm cupboard, where it hardens.

Should the present changeable weather continue the spring cleaning will have to be put off for a month. At any rate this will allow of a thorough overhaul of the contents of each room, and the disposal of all useless articles, whether of dress or furniture, which accumulate even in the best regulated households.

I append some cake recipes which I can recommend:—The first is for a kind of teacake, which the inventor tells me she calls Yorkshire cakes. Into a basin put an ounce of German yeast; make a pint of new milk luke warm and pour it over the yeast, adding three ounces of sugar. Put two pounds of flour in a basin, and into it rub a quarter of a pound of butter; make a hole in the centre, and into it break three eggs. Now pour the yeast mixture in, and mix the whole to rather a stiff dough. Divide it into convenient pieces, roll out rather flat, set on the fender to rise, and when risen put them in a sharp oven for about twenty minutes or until nicely browned.

**STOCK CAKES.**—Ingredients: One pound of flour, one pound castor sugar, four ounces butter, four eggs, and a few caraway seeds. Mix the above well together, with the eggs beaten, adding a very little milk if necessary to thoroughly incorporate the whole. Sprinkle the cake tin with flour, and put teaspoonful of the mixture here and there on it; bake till quite hard and slightly browned.

**BUTTERMILK CAKE.**—Ingredients: A pound and a half of flour, one pound of ground rice, one pound of butter, a pound and a half of currants, one pound of Sultana raisins, a pound and a half of castor sugar, four eggs, three tablespoonful baking powder, half a pound of candied orange and lemon peel cut in strips, half a teaspoonful of grated nutmeg, a teaspoonful of salt, and a pint or rather over of buttermilk. Method—Mix the flour, rice, and baking powder together, rub in the butter, add the sugar, fruit, and seasoning. Beat the eggs and add them, then the buttermilk, and mix the whole to a stiff paste. Line three or four cake tins with buttered paper and divide the mixture between them, allowing space for rising. Let them bake in a moderate oven for two or three hours. When cold put away in an airtight tin. These cakes improve with time, and may be kept for a year.

## THE DOG.

—:O:—

**THE THIBET MASTIFF.**—These splendid animals are the watch-dogs of the table land of the Himalaya Mountains about Thibet. Their masters, the Bhotas, are a very singular race of a ruddy colour. On the occasions when the men go out hunting the women remain at home with the dogs, and the encampment is watched by the latter, which have an almost irreconcilable hatred to the European, and quickly fly ferociously at his throat.

The Cuban mastiff is believed to be produced by a cross between the English mastiff and the blood-hound. They were used a great deal in hunting runaway negroes in the island of Cuba, St. Domingo, and elsewhere.

The blood-hound, in times gone by, was often used in thief-taking, and tracking sheep-stealers. It has an irascible and somewhat unreasonable temper, and therefore everyone except its owner should take care not to interfere with it, if they object to being torn to pieces. Our modern blood-hound, however, is quite a different animal to the one we read of in the good old times, and its breed is quite as extinct as the dodo.

The head should be long and narrow, the prevailing tints fawn or blackish red. Its tail should be long and sweeping, the upper jaw and face narrow; the ears curling, and hanging gracefully. The eyes should be deeply sunken, and there should be much loose skin about the head.

A Cuban blood-hound that had been unmuzzled, when there was not the least apprehension of any mischief, went up to an old woman who was attending a pot, in which she was preparing a mess.

The dog smelt at it, and was troublesome. This provoked her, and she took up a stick and began to beat him, on which he seized her by the throat, which he would not leave until his head was severed by his master.

The Thrapston Association for the detection of felons, in 1803 trained a blood-hound for the pursuit of thieves and sheep-stealers. A man was despatched in the presence of a vast crowd of people in order to show the utility of the dog. An hour after the man had started the blood-hound was sent in pursuit. The hound found him secreted in a tree, after a chase of an hour and a half.

Mr. W. H.—, a well-known member of Parliament about thirty years ago, was with his wife at Bath. They had with them their only child, a son, then a baby perhaps scarcely more than a year old. Mr. and Mrs. H.— were one night at the Bath Assembly Rooms, having left their little dog asleep in a bedroom, the servants being in the kitchen. While at the Assembly Rooms the attention of Mr. H.— was suddenly attracted by the little dog, which he had left at his house, rustling up to him, pulling at his coat, and barking and whining furiously, as if in a state of frenzy. His master, following the movements of the animal, went to the door, and thence home, the dog leading the way, jumping up and barking as they went along.

It was found that a candle had been left burning beside the bed in which the baby lay, and that a curtain had taken fire. The dog had first alarmed the servants, who were below at their suppers, and then went off to his master, probably knowing where to hunt for him from having been at the Bath Assembly Rooms before. Mr. H.—, to make the occurrence more eccentric, wrapped the child up and carried it to the Assembly Rooms and placed it in his wife's lap. The little dog's performance created quite a sensation.

One of the most singular acts in the annals of self-destruction, vouched for by that great authority, Captain Jesse, was perpetrated by a large dog. Poor Nero was a dog of eccentric habits, misanthropical at times, and given to solitary rambles in the country. He was attached to the Cunard tender *Jackal*, and a great favourite with the crew; and never, so long as he was within hearing of the signal whistle, deserted his post on board the tender, in which he from time to time visited every vessel in the line.

He was acquainted with every cook in the Cunard service, and made it his first duty, on boarding, to pay his respects to his culinary patrons, who regaled him with eleemosynary

paunch, of which he conveyed to land such portions as he could not eat on board, to finish at his leisure.

The animal was particularly inoffensive and gentle, and had made friends especially among juvenile Queenstown, whose confidence he secured by his great docility and intelligence, and by whom his self-induced demise was no doubt sincerely regretted.

What prompted Nero to commit the dreadful deed can only be conjectured, as it is now impossible to tell whether it ensued from mind diseased, which may afflict dogs as well as man, or whether it was simply a question of fleas and hide and patience outraged beyond canine endurance.

This much only is certain, that Nero had formed an attachment to a female poodle in the household of a gentleman residing on the beach, and that on the previous evening he had been observed returning from the neighbourhood of the dwelling, with tail depressed, and what may be described as a general hang-dog look.

It is surmised that the poor fellow had a love quarrel with the object of his affections, and had received his *congé* in a fashion which had driven him to distraction.

To aggravate his misery he was encountered on his way home by some lounging curs, who, after the custom of their kind, mocked his forlorn aspect in a most insulting manner. The afflicted creature unwisely retaliated, a scuffle ensued, in which, however, numbers and brute force prevailed, and Nero came off with a severe drubbing.

Driven to madness by these fresh humiliations, which he probably feared would come to the ears of Foodleina, he fled to the beach, and, howling a farewell to all his friends, threw himself into the sea.

Several of the spectators, among them the principal officer of the *Jackal*, struck with the extraordinary behaviour of the dog, rushed into the water and attempted to drag him out, but the animal, deliberately evading every grasp, plunged again and again beneath the water, through which he was observed clutching the bottom with his paws, as if in the desperate endeavour to hurry his death, while more than once, on coming, despite his struggles, to the surface, he snapped savagely at the hands outstretched to save him.

The men, thinking the dog mad, at length returned to land and left him to his fate, which he soon achieved, and sank to rise no more, leaving behind him many regrets, and a reputation for suicidal resolve eclipsing that fabled to the scorpion.

(To be Continued.)

## THE FISH SUPPLY.

(FROM OUR GRIMSBY CORRESPONDENT.)

**Wednesday.**—A great improvement has latterly taken place in the general fish supply although one or two kinds still remain comparatively scarce and dear. Amongst these may be mentioned halibut, which sells at 8s., 9s., and 10s. per stone, alive; and 6s. and 7s. dead. There have been no Norwegian herrings here lately. Mackerel are just coming into season, but have not yet made their appearance in this market in any quantity. Lobsters, the season for which is also just commencing, are yet scarce and expensive. The prices for soles are again falling, but they yet range from £7 to £8 per box of seven or eight stones. Lemon soles are in season again, and are selling moderately; as are also turbot, which will be in season in about three weeks' time. Brills will then go out; they are now comparatively cheap. Plaice come in with May, and haddocks follow in a month; they are both rather dear, together with whittings, which are at their best in the summer months. There has been, and now is, a great scarcity of the sturgeon, although a magnificent specimen of this fish was sent up from Grimsby, a week or so since, as a present to the Queen, and was graciously accepted. Cod, skate, ling, hake, and coalfish, the season for all which is just about closing, are now plentiful, and comparatively cheap. This is the only month in the year in which all shellfish are in season, but, unfortunately, they are just now neither very plentiful nor cheap.

Partridges, if young, will have black bills and yellow legs; but if old, blue legs and white bills.



# Fireside Novelettes.

—:—  
REUBEN LEIR.  
—:—

## CHAPTER VI.

ANOTHER month has gone by, and Reuben can now get about alone, leaning on a stout stick, a present which Farmer Williams brought him from Exeter. His mother still likes to think her arm as necessary as the stick, but Reuben is anxious for independence, and to-day he has persuaded her to drive over to Colyton with a neighbour, for the sake of the change.

As he paces slowly up and down in front of the cottage, he is thinking of his mother.

"How loving and unselfish her care of me has been, and not one word of reproach! How could have I vexed her for such a girl as Rose Morrison?"

He turns to pace down the road again, and there is Rose! She has come up behind him unobserved. Reuben grows pale and then red; then he tries to pass her so fast that he stumbles, and would fall but for the stick.

"Reuben!" the girl cries out; "won't you even speak to me? You would, if you knew how unhappy I am, and if you could see how I grieve for you."

"I—I am obliged to you, Rose," he says, in a strange, choked voice, "but there can be no friendship between you and me now."

She fixes her dark, glowing eyes on his changing, irresolute face, and then she bursts into passionate weeping.

Reuben is troubled—the old love tugs at his heart, but he forces himself to remember Jacques Gaspard and that walk along the beach. It is very hard to stand unmoved by Rose's tears.

"Don't cry, Rose," the poor fellow says; "I forgive you—and I hope you will be happy!"

"I shall never be happy again, Reuben. Your mother says I was the cause of your accident, and you think I deceived you."

Reuben is tired, and this agitation robs him of his little strength. The girl's quick eyes see his weakness.

"Dear Reuben," she says, tenderly, "you are not well enough to stand talking; let me help you in. There—put your hand on my shoulder, and let us come indoors."

Her eyes are so sweet and loving—her whole manner so softened from the petulant Rose he had loved so dearly—that Reuben gives up his resistance. He puts his hand on the little, soft shoulder so lovingly offered—which does not give much support, after all—and yet, somehow, by the time he reaches his sofa, he looks brighter and more like his old self than he has looked since the accident.

Five minutes after, Rose is seated on the sofa beside him, her head resting on his shoulder.

"And you are not going to marry that French fellow?" says Reuben.

Rose raises her head, and looks at him in her old saucy fashion.

"Marry him? I am ashamed of you, Reuben! Why, I never cared a bit for Jacques, and he

went away to France ever so long ago, and some people say he has a wife there."

When Mrs. Leir comes home in the evening she is surprised at the change for the better in her son.

"I must go away again," she smiles, lovingly. "You seem to get on best alone, my boy."

Reuben feels the blood rush to his face. Why should he hide this happiness from his mother—why should she not share his joy?

"Mother"—she was leaning over him—he took both her hands in his—"I must tell you what has happened. I have seen Rose, and we are friends again."

Mrs. Leir drew her hands away. "That girl! O, Reuben?" in a broken voice that was full of unutterable pain.

"Don't say anything against her, dear mother; she is to be my wife." He raised himself and kissed her face, now turned away from him in bitterness of heart. "She is so sorry, and she has always loved me. She never cared for Jacques. You will take her for a daughter, won't you, mother dear?"

Mrs. Leir's mouth trembled, but the earnestness in her son's face conquered.

"I can't stand in the way of your happiness,

such a lively darling." But the strong love he felt—the greater now that it had been repressed—drew him next day to the quarry. He lifted the latch of the garden gate, and went into the cool, tree-shaded garden. The place was so green that the tulips and anemones seemed to gain in brilliancy of colour.

Reuben had hurried fast along the road, spite of his weakness; but, by the time he reached the cottage-door he had lost strength and courage, and his knock had a timid sound.

Mrs. Morrison's lame tread was heard on the lime-ash floor, and she opened the door—a small, dark woman, with narrow, sharp eyes that seemed to be always prying into those of the people to whom she spoke. She was very trimly dressed, and she looked more like Rose's elder sister than her mother.

"Ah," she smiled up in Reuben's face, "is it, then, Monsieur Leir? I am glad to see you, monsieur, and I am sorry; for you do not come, I know, to see me. I am glad to see you walk again—but Rose is not at home."

"Where is she?" Reuben said, abruptly.

"Ah, mon Dieu!"—she held up her hands with a gesture of deprecation—"what can I tell you, monsieur? Rose goes here and she goes there, and I do not ask her where she goes."

Believe me, it is a great mistake to interfere with young people; and, when you marry Rose, you must treat her as I do. I am very glad to see you friends again."

There was such a cunning look in her eyes that Reuben started.

"I will wait, if you please, Mrs. Morrison," he said; "I want to see Rose."

"Certainly! Come in, Monsieur Leir." Mrs. Morrison pointed to a chair, and Reuben seated himself, and looked round the square, low-roofed room. How much prettier and more trim it was than his own home—what tasteful muslin curtains those were in the windows, and how charming the little nosegays looked, placed so exactly where the room was dark and bare.

Mrs. Morrison watched him as he sat there, and this made him fidgety. "Rose dresses up the room, Monsieur Reuben; she likes

pretty, tasteful ways. That is why I am glad she is to marry you—you are able to give her a good home, and money to spend on clothes; and Rose likes pretty dresses, Monsieur Reuben."

"I suppose most girls do," he said; but the woman's prying eyes and coaxing manner fidgeted him. He wished he had walked on to meet Rose, instead of waiting. He sat silent, and presently Mrs. Morrison began on new ground.

"Do you not find Hookton very sad, Monsieur Leir?" she said. "Ah, mon Dieu!"—she clasped her hands and threw up her eyes—"there is not a man in Hookton fit to look at, unless, indeed, when Monsieur Gaspard arrives—ah, that is different!"

Reuben stared. He was not accustomed to this sort of talk from his mother, and he shrank from the mention of the Frenchman.

"He is not here often, I think," he said, sullenly.

Mrs. Morrison laughed.

"He comes and he goes more often than people think, Monsieur Leir. He will be here soon again—yes, very soon. Ah! he is indeed full of life and spirits."



SHE CHECKED HERSELF SUDDENLY, AND DROPPED TREMBLING INTO A CHAIR.

dear," she said, sadly, "and if this is your happiness, I will take Rose Morrison—but, O, my boy—my boy—don't risk yourself a second time—don't give yourself, in a hurry, to a light woman who has cared for other men before she cared for you, and will care for them again. Ah, my Reuben, you are worth the first place in a girl's heart, instead of coming in at the end."

Reuben had grown very red indeed. "Thank you for your consent," he said; "but, mother, please don't speak badly of Rose. It's unjust, and I can't bear it."

## CHAPTER VII.

REUBEN resented his mother's words, and yet, as soon as he was free from the witchery of Rose's presence, his heart was heavy with doubt—not because he had seen her with Gaspard; she had explained that to him, and he knew the man so well that he could believe he had forced his company on the girl. The doubt that troubled Reuben was about himself—could he make Rose happy?

"I am such a slow, quiet fellow," he thought, "and, since my fall, I often fret—and she is



Reuben rose up hastily, and very nearly stumbled.

"I will go and meet Rose. Good afternoon, Mrs. Morrison."

She begged him to stay, but he refused. He seemed to breathe more freely when he gained the road. There was something oppressive and artificial in Mrs. Morrison's atmosphere.

"Rose is so simple—so unlike her mother. I know she will never go to Gaspard again. Why should I feel this jealous torture?"

But he did feel it sharply, and when at last he saw Rose coming along the road he resolved to open his mind to her.

"Rose, darling"—they had walked some way lovingly together under the shade of the trees that bordered the road—"I must speak about something that troubles me. Suppose, after all, you do not love me as you think you do?—listen, child." He spoke with unusual firmness, for she had begun to remonstrate. "Suppose when Jacques Gaspard comes back you find you have made a mistake?"

"Nonsense, Reuben!"

Rose tossed her head and pouted, but Reuben's earnest gaze showed her that this was not the assurance he expected.

"I have said that I love you, Reuben," she said; "surely, what more can a girl say?"

But Reuben was strangely moved this afternoon. There was an unusual flush on his cheeks, and a glowing light in his eyes.

"I believe you, my darling," he said, fondly; "but give me a proof that you're in earnest. Marry me this day fortnight."

Rose began to exclaim:—

"But my clothes, Reuben—I must have proper clothes."

He stopped her.

"I asked a proof, Rose. You will not refuse me, my darling girl!"

She looked confused—ready to cry.

"Very well," she said, slowly. "I will tell mother, and you can settle it with her."

They had reached the garden-gate, and she ran in, leaving Reuben gazing after the charming picture she made in the shaded garden.

## CHAPTER VIII.

It is the day before the wedding. Both Hookton and Mercombe had been full of eager anticipation and gossip. Rose has not been so triumphant as some of her neighbours expected. Mrs. Leir has been pale and sorrowful, but Reuben looked full of happiness. His recovery has progressed with astonishing rapidity. When he woke this morning, he said to himself, "To-morrow—only till to-morrow," and then went off early to put the last finishing touches to his new house. He will not turn his mother out of the cottage where she has lived so long; his hope is that eventually she will grow to like Rose, and they shall all live then together. For the present he has rented a small cottage down in the valley, beside the river. Rose has been very restless this morning. She has promised to wait in for Reuben, and yet she has a longing to go down to Hookton. She tells her mother this.

"Best keep at home, my girl," the mother says. "And then, to herself, she adds: "Jacques Gaspard came in last night. She is best out of his way at present."

Rose wanders listlessly about the garden.

"I wish Reuben was not so slow. I do like a little more fun in a man. He's a kind, good soul, but he wants life. And I hate that mother of his, I do."

She has just turned her back again to the garden gate, and she hears three distinct taps and a low whistle. Rose stands still. A rush of warm colour spreads over her face to her forehead. She knows Jacques Gaspard's signal.

"I told him I never wanted to speak to him again," she says, fretfully. "Well, when he hears I am going to be married, he will go away in a rage."

She ran back to the cottage.

"Mother, don't let Reuben go after me if he comes. I shall be back directly."

She quickly left the garden, and went into the quarry. There were caves here running deep into the stone, and yet scarcely showing an opening. Rose paused before one of these and whistled softly. In a moment the whistle came back like a powerful echo, and the girl went forward into the cave. Light came from

above some way down through fissures in the stone, and Rose saw at once that Jacques Gaspard was very angry. She felt frightened, and drew away from him, but he grasped her arm firmly.

"What is the meaning of all this I hear, you little flirt?" he said, savagely. "Did you not tell me I was the only man you had ever loved?"

"Oh, don't grip so hard, Jacques—you hurt me! I won't speak while you hold my arm," she said, defiantly.

The Frenchman let go her arm, but he stepped forward so as to stand between her and the entrance to the cave.

"Speak away," he said, "but mind you speak the truth this time. Remember I'm not a soft fool like your new lover, Mr. Leir."

There was a mocking sound in his voice, and Rose trembled.

"You are cruel," she sobbed. "You say you love me, and you do not marry me. Why do you come back and spoil my future? I do not love Reuben Leir as I have loved you, but he loves me, and I mean to be a good wife to him. He offers me a good, comfortable home, and he does not play fast and loose, as you do."

Jacques swore fiercely.

"That's a lie!—I am ready—say you will come to me at once, and I will marry you, and give you all that a woman can wish for."

Rose gave him a loving, wistful look.

"Will you marry me before you take me away?" she said, timidly.

"Ah, bah!" the sailor said. "Women are all alike. They expect unlimited trust to be placed in them, and they give none." He changed his tone. "Why doubt me, Rose, my angel?"

"I was wrong to say so much. It does not matter. I have promised Reuben, and I will keep my word. Now I must go. Good-bye."

The sailor stood thinking. At last he shrugged his shoulders, and stood aside to let her pass.

"As you will. My plan would have made you a happy woman. Well, I bear you no malice; I will bring you a wedding-present if you care to have it."

"A present! What?" said Rose, eagerly.

A smile crossed Jacques's face. "A brooch and a pair of earrings fit for a princess. Listen. I will come to the point below the land-slip this evening—if you like to meet me and take them."

"There?" Rose shuddered.

"Yes! there and nowhere else, at nine o'clock to-night," he said, roughly.

Rose hesitated, and then she said: "All right, I will be there!" and ran back to the cottage.

She was not a moment too soon. Before she had recovered from the fright and flutter of Jacques's visit, Reuben came limping up the garden path.

"Ah! how I wish he was more like Jacques!" she said to herself.

Reuben sat talking; he was in gay spirits, but Rose could not rally. She was by turns cross and tearful, and at last she asked her lover to leave her to herself.

"Very well; I will go now, darling, but I've not said all I've got to say, my girl. I'll come down and have a talk in the evening."

Rose turned so white that Reuben noticed her paleness.

"Not to-night, Reuben, please," she said, more gently. "My mother wants me all to herself."

"You're rather a tyrant, my pet," he said, "but I will do as you like—till to-morrow morning. God bless you, my darling!" And he kissed her fondly.

As Reuben went away he saw Mrs. Morrison coming back from the draw-well at the other side of the garden. He went across to her while Rose walked to the gate.

"Mrs. Morrison," he said, eagerly, "do spare Rose to me this evening for a little. Tell her I will meet her soon after nine beside the quarry."

Mrs. Morrison nodded. As she and her daughter stood at the gate looking after Reuben, the mother noticed Rose's pale face.

"Go and lie down, child," she said; "you look like a ghost, and I have promised you will meet Reuben this evening beside the quarry."

It was a warm evening. Mrs. Leir had been busy at the newly-furnished cottage till late, so that she did not see how disappointed and tired

Reuben looked when he came in after a fruitless walk to the quarry.

She sat down to supper with her son; it was no longer so hard to give him up, for she felt that his heart was with Rose Morrison. All she could now hope for was to gain the love of Reuben's wife.

They had finished supper. Mrs. Leir stood folding her table-cloth, when a knock came at the door, and then, with scarcely any pause, a voice—

"Mrs. Leir! Mrs. Leir! I want my daughter! I want Rose!"

Reuben got to the door without his stick, and opened the door to Mrs. Morrison.

She tried to smile when she saw him, but she looked frightened.

"Ah, Reuben," she said, "you have given me a fright. Where have you hidden Rose?"

Reuben turned a ghastly white.

"Rose! what do you mean?" he said, hoarsely.

"I have not seen her since I left her with you at the gate!"

"Ah! mon Dieu!" In her terror the woman shrieked out her words. "And she went out this evening to meet you," she said—she checked herself suddenly, and dropped, trembling, into a chair.

But Reuben saw her hesitation:

"Say all you know!" He stood over her sternly. "Is Jacques Gaspard in Hookton?"

Mrs. Leir stood wonder-struck at her son's strange vehemence.

"I heard he was there," said Rose's mother, feebly, "and he is a bad man, Reuben. I know he will not marry my child."

But Reuben did not stay to listen. He felt no fatigue or lameness as he started for the third time that day on the road to Hookton. Fortunately, a chance traveller overlooked him, and gave him a seat in his chaise, or his strength could not have held out. The busy fishing-village had gone to sleep when he reached it, but some of the men were soon aroused and helped Reuben in his search.

Yes, Jacques Gaspard had appeared that morning, and a strange-looking cutter had been hovering round the bay, but the Frenchman had gone away early, and no one had seen Rose Morrison; and no one ever saw saucy, pretty Rose again—no one now expects to see her but Reuben Leir, and he, poor fellow, spends many a weary day searching among the rocks and caves for some trace of the girl he still loves.

And his mother never says a word against Rose—Reuben's dutiful tenderness is her own again—but she would give it all up if she could only see him happy, without that seeking, unsatisfied look, which will never leave his pale-blue eyes again.

OLD René d'Anjou used to say that as soon as a man had breakfasted, it was his bounden duty to devote himself to the great business of the day—think of dinner.

HANDLESS OR HELPLESS PEOPLE. —Some people are remarkably helpless. They can do nothing for themselves if it lies the least bit out of their ordinary track. If the driving of a nail, or the tying or untying of a knot were to save them from some great disaster, they could not do it. Though a stitch in time were to save not nine only, but nine thousand, or the whole garment, they could not execute it. They are, in short, handleless or helpless people. To be thus helpless is surely a great misfortune, for it must expose the bulk of those who are so constituted to a great number of annoyances in the course of life; must often subject them to expense and loss which might be spared; and, besides all that, have perhaps a worse effect in producing languid and indolent habits. It is a very different thing to be self-helpful. One who has the happiness to be so gets readily and agreeably through hundreds of difficulties which embarrass others. But probably the best effect is that sprightliness in act and thought which the custom of applying one's self to all sorts of useful purposes almost necessarily engenders. From the very consciousness of being able to do many things, and to serve one's self on a great variety of possible occasions, a confidence arises which may serve to carry a man on vigorously through life, even though his numerous accomplishments may not be at any time much called into exercise.



## HEALTHY AND COMFORTABLE HOMES.

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### I.—IMPORTANCE OF HOMES TO HEALTH.

Dr. B. W. RICHARDSON tells us that "we must be content to study man as regards his conditions of health in the defences which he has built for habitation, and which he calls his cities, villages, and houses. In this study man does not always appear on the best side. To the diseases which are assumed to spring from cold and wet, such as catarrhs, attacks of bronchitis, inflammation, and rheumatism, man is more subject than the lower creation. Man, by his knowledge and skill—not possessed by the inferior animals—in building cities, villages, houses for his protection from the external elements, has produced for himself a series of fatal diseases which are so closely associated with the productions of his knowledge and skill as to stand in the position of effect from cause. Man, in constructing protections from exposure has constructed conditions of disease. We know better now, and it is our fault if we do not improve on the original bad work, rectify it, and remove intelligently the evils which from deficient intelligence have been so long perpetuated."\*

When the intelligent man is in search of a house he should be forewarned that errors in construction are the fertile cause of typhoid, which in many cases is merely "foul air fever." During the Plague in London, the last thing thought of was pure air, fumigation, "fumes of resin," &c., being tried instead. Relapsing fever, typhoid, scarlet fever, small-pox, if not generated by foul air, are retained by man's neglect of sanitary precautions, of which scientific drainage is the most important. Consumption has been extensively aggravated by impure air, and has been communicated to many by occupying the same apartment as a late sufferer. The report of the Army Commission of 1858 gives valuable information as to the health of our soldiers; things were so bad in barracks as to double the mortality. Soldiers were found to die in a proportion of 17 in 1000, but the mortality in men of the same age outside was 9.2.

After careful examination, and the discovery of the fact that pulmonary consumption was the most fatal, the reporters continued their researches, and found that *vitiating air* was the cause. Soon after the report there was a total reform in barrack management; pure air was allowed free circulation, proper space was given in dormitories, and soldiers are, perhaps, the healthiest of all men of their class.

The influence of pure air on health is insisted upon by all great physiologists, sanitary reformers, and doctors, who conjointly act to save life.

"For all flesh to die  
Is Nature's due; nor is there any one  
Of mortals with assurance he shall last  
To coming morrow."

Then, should doctors and others try to postpone the inevitable fate of mankind? Death for the medical man has fewer terrors than for most men. He knows well how seldom it comes in any terrible form as the result of disease; how frequently the end is peaceful, and mercifully passed in unconsciousness; how often it proves a welcome release from suffering, fatigue, or sorrow.

But it is the professional man's duty, not only to prolong life, but to explain to man how much is due to his physical wrong-doing, Nature's penalties for sins committed against her laws, which cause so many preventable diseases.

When a Prime Minister announced his intention to devote a large part of his attention to sanitary matters, he was told his was a policy of sewage. Unfortunately sanitary science deals too often with repulsive subjects, but here we deal only with pure air, which leads us away from all sources of impurity to, in thought, the sea-side, breezy uplands, and forests of pine trees.

Air and water, even the wind and the storm, are the great purifiers of the universe, but very little notice was taken of the importance of either until last century. In 1783, it was noticed how vast an amount of infant mortality there was in the Rotunda Hospital in Dublin. Dr. Clarke at once tried a thorough ventilation of the wards. The deaths of children had before been 1 in 6,

it now became 1 in 104. In 1861 a fearful lung-disease broke out in some of the ships of the Mediterranean Squadron from the crowding of the men on the lower deck. Only 14 in. space was allowed for each hammock, and so thoroughly was fresh air excluded that the temperature above the hammocks was 10 deg. hotter than that below. A hundred similar instances might be cited to prove how foul air and lung disease go together. Our object is served if we make our readers understand the importance of ventilation. Every day, says Dr. Angus Smith, we imbibe one or two thousand gallons of air, and if we follow this air in its course through the body, we shall cease to be astonished at the effects of any small proportion of impurity it may contain.

An enormous supply of fresh air is needed in order to preserve the degree of purity in a house, with freedom of perceptible smell, and an increase of only six parts in ten thousand of carbonic acid gas. Even in rooms that are quite clean to begin with, three thousand cubic feet (or about ten thousand gallons) of fresh air have to be supplied per head per hour. Any system of ventilation is better than none, but there are very many opinions held by different men even on this subject. What one man calls ventilation another calls a draught. Thomas Hood retorts upon the poet Thompson when he speaks of the "ethereal mildness" of spring, that he "finds her breath a bitter blighter, and feels her blows as if they came from Spring the fighter." So do most people. If the air which we know to be needful comes in the form of a thin fine current directed upon one small portion of our bodies, we try to move out of its way, and very often proceed to stop up the chink through which it comes. Patent ventilators are often found closed, or stopped up with any handy step-gap that people can readily find.

But are ventilation and draughts synonymous terms? Certainly not.

Now the hand is especially the seat of the sense of touch, and can best appreciate changes of temperature; but if the hand is moved through the air at ordinary temperatures at the rate of 1½ ft. per second, it will not detect the impact of the particles upon the skin. Any current, therefore, flowing into a room at a rate of less than 90 ft. a minute will not be felt. To save a draught, velocity must be diminished and the temperature be decreased. In order to introduce a given quantity of air into a chamber in a certain time, a slower rate of movement will be required in exact proportion as the opening through which it flows is larger. The best ventilation is to open the top sash of the window, and fill the vacant space with finely perforated zinc, and a gauze frame filled with cotton wool.

The same defects alluded to as existing in large buildings were commonly, and are still, found in inferior houses, where small rooms, without a fireplace or ventilator, are used as sleeping apartments for one or more persons. Then, again, underground sleeping rooms are used for servants, and sometimes children, all with fatal results.

One of the most crying evils of modern habitations is dampness, which makes them pest-houses for the production and dissemination of disease—especially ague, neuralgia, and rheumatism, extending to several generations. Bad materials may be said to be the worst cause of this defect, as we shall further demonstrate when we come to speak of jerry builders and others.

One great cause of damp is inferior bricks, which absorb much water, unseasoned and wet wood. These houses are always subject to noxious vapours, the paper hangs loose on the walls, while the mirrors are dimmed by moisture. This is not only the case with small residences, but with mansions built of the very best materials. A house gets a bad name, many of its occupants die, it is thought uncanny, people at last inquire, and a physician finds it has been erected in a stagnant valley or near ornamental water.

We have alluded to bricks. A good brick will absorb 10 per cent. of its weight of water, so that if 100,000 bricks are used in a building, the house will, with the addition of the mortar, contain 10,000 gallons of water, which must be got out of the walls before the house is fit to live in. The only way this can be done is by the slow and gradual one of evaporation into the air, both of the rooms within the house and that outside.

The drying of the walls can be made more rapidly, as we all know practically, by the use of

fires in the house. The air in our climate is more or less moist, and the quantity it can take up in an invisible form increases with the temperature. If, therefore, we have a fire in the room, the walls of which are wet, we increase the quantity of vapour in the room, and this vapour is given off from the wall. If the ventilation is pretty good, the heated air charged with moisture escapes, and its place is taken by a fresh supply of air, which, in its turn, takes up more of the moisture evaporating from the wall, to be again carried away.

(To be Continued.)

## HOW AMATEURS CAN MAKE FRENCH CANDIES.

BY A CONFECTIONER.

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(Continued from page 90.)

I HAVE written these candy lessons with a view of helping such intelligent women as cannot leave home—who, perhaps, may have no talent or ability to teach, and do not wish to enter the already overcrowded ranks of those who fight the world with a needle—to earn money. There are several ways, it seems to me, in which a woman's own home may be her sphere of work, yet in which she has less competition than in teaching, needlework, or any of the walks generally pursued by women. Among these home employments are the making of fine preserves, of fine pickles, fine cakes, and, by the aid of these lessons, fine candies.

In saying that money can be made in this way I am not speaking at random. I am not saying what I hope, but what I know to be true. (I say there is less competition in making cakes, pickles, preserves; but in home-made French candy the only competitors, so far as I know, are some pupils of my own. There are, it is true, a number of young ladies who make an unboiled candy which imitates the French, and does for amusement, but not for sale.) I do not say that there are not many engaged in doing these things, but very few do them well enough to compete in appearance with the best shown in the shops, and that is exactly what is required, so that while the many who try may not succeed, the few—those who realise that woman's work, to be successful, must be as beautiful to the eye, as well as better to the palate, than that done in factories—these few do succeed. Beauty of appearance is a very great deal to do with candy, and the very purest and best will fail to find any but friendly purchasers (and those only as a matter of charity) if they do not look like those to be obtained in shops.

Home-made candies are not unknown to us all. They are usually taffies, cream chocolates (more or less like those made by professionals, but generally considerably less), caramels, and occasionally glacé walnuts and nougat. Then come what are called French cream candies, made of white of egg and raw sugar; none of these last as usually made, however pleasant for an evening's amusement or acceptable for home consumption, could, as I have already said, enter the market as saleable articles, although there are many candies of commerce which are made of "unbaked" sugar, prepared very differently, however, from those above alluded to.

The making of real French cream candies will allow the utmost scope for artistic taste, and the woman who has some knowledge of mixing colours will be the one most likely to produce beautiful results. As a rule all high colours should be avoided—the pinks may be from the bright pale rose to the pinkish white, a vivid orange colour here and there (obtainable by using concentrated saffron colouring, with a dash of caramel) is not objectionable, and from saffron tints from deep buttercup yellow to palest lemon may be obtained.

In making candies for sale a careful finishing up of all odds and ends into pretty trifles will greatly increase profits. Keep your eyes well open to every novelty in candy that is introduced. Remember, too, that candy of any colour not quite delicate enough to use for creaming or dipping the candies (by not being delicate enough, I mean if it has been used too long and has lost its creamy consistency), will be excellent for insides, or "filling." Chopped nuts or almond paste, angelica, citron, anything,

\* "Our Homes," by a Galaxy of Eminent Men. John Cassell).



in fact, that you have a little of, may be incorporated with it, so that they agree in flavour. Make then your pink, or yellow, or coffee colour insides, and dip into candy of a contrasting colour.

Although by following my directions you will be able to make French candy which will equal in appearance any bought in a French shop, and if you have good taste in the matter of flavouring they will be equally delicious, I apprehend that a professional confectioner might smile at my untechnical terms and methods. For instance, where a spatula and sugar boiler would be prescribed in a trade manual, I say, take a tablespoon and a thick saucepan of any kind that will not burn easily. With only these and a couple of forks I have made a hundred pounds of candy in a week. The manner of working the candy, too, is quite unprofessional, but it is a way that is easy for any woman, and the result is the same. Not that I will pretend to say I improve on professional methods, but the fact is I could not find them clearly and shortly stated for amateur use. The only book I know of in any way useful to amateurs is quite expensive, and, although more simple than others, yet allows much margin for what you already know, and touches very lightly on cream or fondant candies, and very fully on lozenges, comfits, &c. Therefore, while still a learner myself, as I worked my way into an understanding of the matter, I adopted certain terms of my own to describe processes, and have used them in these pages, perhaps to the amusement or bewilderment of the professional confectioner, should any such light on them.

By careful following of directions I can promise success, but the small points must be well noted. If something does not turn out right do not conclude that there is anything left unexplained. I cannot explain all the vagaries of sugar; it has tendencies which, though the scientist can explain them, the unscientific experimenter is much perplexed by.

But, in spite of a tendency to "grain" when you wish it to "grease," or, as it sounds better to say "cream" and to "invert" or moisten, in certain conditions of the atmosphere, a few days' practice will teach you more of its freaks than all I can write, but I repeat, when something happens that you do not understand, carefully go over the instructions word for word before you decide that anything is left out. I have been exceedingly careful to avoid any vagueness.

I will give you a case in point. I had written some instructions for French confections for a magazine. In a few weeks I received a letter, through the editor, evidently from a clever woman, who wrote detailing her experience in following instructions, then wound up with, "but, in spite of all I could do, the candy went back to sugar just as soon as it got near the right point. What is the matter?"

I could not think there was one single cause, but I was so sure I had cautioned my readers not to stir while the candy was boiling that I thought a woman capable of taking such pains would not err on such a point. For a moment it flashed across me that I might have omitted so important an item. I referred to the magazine and breathed again, for I found I had italicised the words, "do not stir the candy while boiling." I answered the letter, telling her I was equally puzzled with herself, adding, "only one thing could cause it, stirring while hot, and that, of course, you would not do."

Weeks later I got another letter. "Of course I did stir, and most carefully. How I overlooked your words I can't think. All my trouble is now over, and I can make as delicious candies as ever I ate in Paris. I sent some to my friends in St. Petersburg, who have to get all those things from France," &c., &c.

These last words I add by way of encouragement to those who may in any way meet with discouragement or seeming failure.

#### PACKING, ARRANGING, AND VARIOUS MATTERS CONNECTED WITH THE SALE OF CANDIES.

Now a few words as to the sale. Use simple white boxes, with gold edge and lace inside, such as are sold at confectioners' supply shops. These usually hold a pound. In packing candy you need waxed paper; the least delicate candies, such as nut candies, at the bottom; if you have glacé nuts to go in the

same box with creams, put all except one or two almonds, to sparkle on the top, between waxed paper by themselves, as they are apt to stick. If you have fresh or preserved fruit creamed, it is best to put them in the little crimped papers sold for the purpose; should they then crack and the juice run, they will not injure the others. If to be sent by train have a sheet of waxed paper cut to fit the box between each layer of candy. Assort the colours prettily for the top. Two or three pistache nuts, blanched and dipped into clear candy, dropped among the creams has a very pretty effect. Lay over all a square of waxed paper under the lace. If the boxes shake put between this waxed paper and the cover a little cotton wool.

This candy is especially saleable in towns where fine candies are only kept by the druggist, who can only have on hand such sorts as keep indefinitely—lozenges, sugared almonds, &c. Such druggist will readily sell them for you at a proper commission, as will grocer or cigar dealer. In large cities, if you have the benefit of acquaintances who spend money on expensive candy, you may sell much privately. Even in large cities, far from the business parts, druggists may sell them to the neighbourhood.

Of course you must sacrifice profit to reputation at first. Even to your own loss never leave stale candy on hand; one stale box would lose the sale of dozens. Give only a box or two at first, see that one is open to show contents, and if it does not sell the second day take them away, replace them with fresh; it will not be all loss, for many will only need picking over, faded or stale pieces removed, and fresh added, for in cool weather most candies keep a week. If you live near the localities to which you send candy, take care that stale candy is removed, that it may not be offered for sale. If you live at a distance, try and arrange for this to be done, and send little and often. Of course all this necessitates some loss and much work, but no one ever yet succeeded in establishing a business without work or sacrifice, and only those who feel themselves capable of sustained persevering effort can hope to wring more than bread and butter from the world.

It is only until your work becomes known that you need make much sacrifice; when your candies are known they will be asked for and ordered, and run no risk of getting stale. Your only effort then will be to keep them up to the standard, to see that no misshapen or rough pieces get into the boxes, and, in short, live up to your reputation, and keep a sharp look-out for novelties.

As I am aware how little most women know where to find necessities for candy making, although I cannot, for obvious reasons, give addresses or names of manufacturers, I may tell one or two items which may help them. Walnut meats can be bought cheap. They are cracked in perfect halves, are fresh, and all good. They are prepared for confectioners' use, and are far cheaper this way than bought in the shell. Almonds also should be bought shelled. Cocoa-nut paste can also be bought, but, as it does not keep, unless you can use a quantity it is not advisable to purchase, and I believe it is not sold by the pound. Where and how to find these—all necessities for confectionery—you can learn at the shops where confectioners' supplies are kept. I have always found what one has not he will tell you where to get, and the addresses can be found in the directories.

Another thing, after you have found sale for your candy, you will find it convenient to supply yourself with the proper utensils—the nicked fork or wire for dropping candy, and, perhaps, a small sugar boiler, but you can go very far without them.

THE mother's heart is the child's schoolroom.  
—Becher.

A GOOD wife is like the ivy which beautifies the building to which it clings, twining its tendrils more lovingly as time converts the ancient edifice into a ruin.—Johnson.

A MOTHER'S love is indeed the golden link that binds youth to age; and he is still but a child, however time may have furrowed his cheeks or silvered his brow, who can yet recall, with a softened heart, the fond devotion or the gentle chidings of the best friend that God ever gives us.—Borée.

## Cookery for the Million

—O:—

**ROAST VEAL.**—If veal is in danger of not keeping, wash it thoroughly, and boil the joint ten minutes, putting it into the pot when the water is boiling hot; then put it into a very cool larder. Or it may be plunged into cold water till cool, and then wiped and put by. The fillet is a favourite joint in England; but when merely roasted, the meat is close, heavy, and not very digestible. Take out the bone, and fill the orifice with fat or stuffing; stuff it also well under the skin, much depending upon the quantity and flavour of the stuffing; serve it up with melted butter in the dish, and send a lemon to table.

**LOIN OF VEAL.**—This joint is usually divided, the kidney end roasted, and sent up with a toast under the fat, and melted butter in the dish. The chump end should be stuffed like the fillet, or sent up with balls of stuffing in the dish. The best end of the veal will make a good roast served in the same way, stuffing being always an agreeable adjunct to veal. The breast is frequently roasted, but is not suited to the spit.

**KNUCKLE OF VEAL.**—If plainly boiled, is sent up with parsley and butter.

**CALF'S HEAD, BOILED.**—When thoroughly cleaned, the brains should be taken out, washed, soaked, and blanched, and boiled; then mix well a little chopped sage, previously scalded and warmed in melted butter; serve in a separate dish with the tongue. If quite plain, the head must be sent up with parsley and butter; but it is sometimes brushed with yolk of egg, covered with bread-crumbs, and browned before the fire.

**LAMB.**—The roasting of lamb requires no particular instructions; it is served with mint sauce. The leg is sometimes boiled, with the loin cut in chops, fried, and sent round it. A saddle of lamb has succeeded the fore-quarter in the estimation of the fashionable world. When the quarter is roasted whole, the shoulder should be raised either at table or when dished, a slice of fresh butter laid upon the meat, a little cayenne pepper, and the juice of a lemon.

**PORK.**—This meat requires to be very well roasted. It is not the fashion to stuff it, as heretofore, with sage and onions, the meat frequently disagreeing with delicate persons, without the addition of so strong an adjunct. A part of the objection may be removed by boiling the sage and onions, and mixing them with bread-crumbs and a chopped apple; thus prepared, the stuffing will be found mild and of excellent flavour. The griskin and the sparerib are certainly improved by being powdered with chopped sage; but this is all a matter of taste; the skin of the leg and loin must be scored previous to roasting. Send both up with a glass of vinegar mixed with two teaspoonsful of made mustard in the dish. Apple sauce is an accompaniment of roast pork. Nothing, perhaps, that comes to table can be more indigestible; and those who indulge in it should eat very sparingly. In country places, where veal is difficult to procure, pork may be disguised, and rendered a very good substitute. Cut a handsome fillet from the leg, take off the skin, remove the centre bone, stuff it exactly like veal, then roast it until it is three parts done, then put it into a stewpan with some weak broth. Let it stew till perfectly done; then either thicken the gravy and serve it up with forcemeat balls and slices of lemon, or send up the pork embedded in sorrel or tomato sauce—a purée, in fact, of either. Pork dressed in this manner has passed muster for veal; and families who kill pigs frequently will obtain an agreeable variety by pursuing the same plan. The griskin or sparerib would be improved by this method of cooking, and may be served up either with forcemeat balls, apple, sorrel, or tomato sauce.

**CHINE OF PORK.**—Salt the chine for three days, roast it, and serve it up with sauce made thus:—Fry in oil or butter two or three sliced onions until they take colour, then pour off the oil, and add some gravy sauce, chopped mushrooms, and two tablespoonsful of vinegar, with one teaspoonful of made mustard. Give the whole a boil, and serve it up in the dish.





## VII.—THE BLACKBIRD.

—:O:—

THE blackbird (*Turdus merula*), though not so good a songster as his relative, the thrush, has a very cheery, mellow voice, is a very joyous, lively fellow, and, therefore, a desirable cage bird. He whistles to admiration, and never forgets a tune. It is said that one, having been taught to whistle an air, on hearing it played with variations on the piano became so affronted that he hissed and fluttered his wings till the performance stopped, and then gave his version of the air, whistling it as he had learned it.

The same blackbird fell into the hands of a lady, whose custom it was to have the evening hymn sung after family prayers. He caught up the tune and accompanied the others, whistling it every evening at the same hour long after he had passed into another family, and continued to do so for the remainder of his life. He will also imitate the songs of other birds, the crowing of a cock, the gobble of a



THE BLACKBIRD

turkey, and even in its wild state will often mimic them.

It builds early in spring, and when caught should be taught as early as two months to whistle. A flute should be played to it in the dusk of the evening and early in the morning. The same food as the song thrush will suit, while directions as to cages are the same. It is subject to an obstruction of the oil gland above the tail, and as soon as this is discovered it should be anointed with butter and sugar. Bechstein says that, with a little variety in its food, it will live to be sixteen, singing all the time, excepting in the moulting season. There are other varieties.

## VIII.—WARBLERS.

—:O:—

THESE are soft-billed birds, feeding almost entirely on insects. They are chiefly birds of passage, and are very difficult to rear and keep in health. They are our sweetest songsters, but difficult to keep in confinement. Those who have kept nightingales, as they assert, for years in full health and song, admit that after five or six years they sing less constantly and less sweetly, and if set at liberty in May recover all their beauty and strength of song.

Of course, the queen of all is the nightingale (*Sylvia luscenia*). The range of this bird is limited, we are told by Mr. Garner, in his history of Stafford, to certain counties, and is not to be found in the rich valleys of the Trent, while it is heard in Yorkshire, but not in Scotland or Ireland. Jonson, in the "Sad Shepherd," says

"I grant the linnet, lark, and bullfinch sing,  
But best the dear, good angel of the spring—  
The nightingale."

Spencer writes of it as "Fair Philomela," Giles Fletcher as "the bird of sorrow," Drayton as "the charmer of the night," while in the "Mirror of Magistrates" we find a different epithet—

"Sweetest are the songs that merry night crow sings,  
For many parties are in those charming notes."

Simple, pious Isaac Walton says: "The nightingale, another of my airy creatures, breathes such sweet, loud music out of her instrumental throat that it might make mankind to think that miracles had not ceased. He that at midnight, when the very labourer sleeps securely, should hear, as I have often, the clear airs, the sweet descants, the natural rising and falling, the doubling and redoubling of her voice, might well be lifted above earth and say, 'Lord, what music hath thou provided for the saints in heaven, when thou affordest bad men such music on earth?'"

Like the skylark, the nightingale owes not its high position to capricious fashion or dazzling plumage, but solely by right of his supremacy as a songster.

It frequents overgrown, shady, and not very cold places; woods, groves, gardens, hedges, it cares not. It seems to prefer gardens enclosed by high beech hedges, which afford abundant shelter. It is seen in marshy districts, probably from no preference, but because it often finds the thickets overgrown, and that in cold weather the insects which form the nightingale's food are there in great abundance.

Be that as it may, it always returns to its native place, whether garden, mountain, or marsh. Its fondness increases every year, and if the grove be cut down, or the underwood which afforded the desired shade removed, it betakes itself to the nearest convenient spot.

The nightingale may be put in the aviary; but, as it requires more nourishing food than the other birds, it is best in a cage, of any desired form, from twelve to twenty inches in length, six to twelve broad, and twelve high. Bechstein says: "The cage I use is eighteen inches long, eight inches deep, and thirteen inches high, except in the middle of the arched roof, which rises to the height of fifteen inches. The sides and bottom are made of osiers, the floor of the cage is formed by a drawer one inch and a quarter in height, covered with blotting-paper, which may be changed when necessary. The feeding-trough is on one side; in front is a projection, half cylindrical in shape, and reaching from top to bottom of the cage, in which a large water vessel is suspended. Two perches are fixed in the lower part of the cage, and a third higher up. All these I cover with green cloth, to preserve the feet of the bird. The roof should be made of green cloth, and the whole cage painted green, which must be thoroughly dry. The roof must be lined with linen or other cloth, that the bird may not injure its head."

In a wild state the nightingale feeds on insects, green caterpillars, moths, flies, beetles, and various larvæ. When first caught should have, if possible, fresh ants' eggs and meal-worms, or dry ants' eggs. Some make a mixture of hard-boiled eggs, bullock's liver and heart, which they have to cram the bird with. This is dangerous, as the beak is brittle. But a nightingale cannot be kept until ants' eggs can be found, and three meal-worms a day. The plan to ensure meal-worms daily is to fill a half-gallon jar with wheat, bran, barley or oat meal, some sugar-paper, or old shoe leather. Add a pint of meal-worms, which, if allowed to remain three months, occasionally moistened with beer, will become beetles, and propagate rapidly.

Dry ants, mixed with Swedish turnips and bullock's heart boiled, dried and grated small, a little lean beef or mutton, minced, may be given occasionally, while the cheapest food is ripe elder berries, dried like raisins, and mixed with ants' eggs.

A gentleman, who boasted that for twenty years he had nightingales singing at Christmas, fed them entirely on scraped raw beef and hard-boiled egg. Then he tried hard-boiled egg and German paste. Another successful nightingale rearer found a paste of pea-meal, egg, maw seed, and sugar answer, but he also gives them beef or egg. Boiled vegetables, carrots, turnips, beetroots, and soft puddings are recommended.

The nightingale is said to have twenty-four notes, and expresses its different emotions by suitable cries and particular intonations. When alone its most unmeaning cry appears to be the whistle "fit," but if the syllable "err" be added, it is the call of the male. Displeasure or fear is signified by repeating often and rapidly "fit," before adding the "err," while

that of satisfaction, pleasure, or complacency is a deep "tack," which may be imitated by smacking the tongue. When in anger, jealous, or when some extraordinary event occurs, he utters hoarse, disagreeable sounds, something between a jay and a cat.



THE NIGHTINGALE.

But, after all is said, the nightingale is never heard to perfection except in its wild state. In captivity he is capricious, he will sing upstairs and not down; on one side of the room he will pipe merrily, on the other he is mute; a change of wall-paper will annoy him. One bird, a splendid fellow, when turned out of an old, broken-down cage which he had inhabited for thirteen years and placed in a new one, refused to sing until he was put back in an old one.

## THE DUVAL RESTAURANT.

—:O:—

SOME thirty years ago, there were taverns in Paris where dinners were served at the fixed price of nineteen sous, just as in the bazaars, where all objects are sold at a franc, less one sou. These were familiarly known as *cuisines neutrières*, and perhaps to them may be traced the relative diminution of the population of France. No assurance company was ever known to accept the life of a person who frequented such an establishment. From 1840 to 1845 the *Bouillons Hollandais* rose and fell, till, nothing daunted, the *Bouillons Duval* appeared in 1854.

France has erected a monument to the patriot who introduced potatoes into the country; Sancho Panza invoked blessings on the man who invented sleep; and Paris will be guilty of the blackest ingratitude if she fails to perpetuate the memory of her great benefactor, Duval, in marble or bronze.

Duval was born "of poor but honest parents" in 1811, at Montlhéry, in the department of the Seine-et-Oise. He came to Paris at the age of thirteen, as an apprentice butcher; he died in 1870. The Restaurant Duval is a type in itself, founded on sound principles, and conducted with intelligence and sagacity. Exteriorly it has been not imitated, but parodied, but never with success. The difficulty did not lie in inducing the public to enter, but in the means to retain them by satisfying them.

Paris has two millions of stomachs to be daily looked after, and the great majority depend on the restaurants to be fed. Now the restaurant, or room or hall set apart exclusively for repasts, dates only from the Revolution, which broke up homes, abolished old customs, and scattered families. The leading restaurants are close boroughs for the masses; their sliding-scale charges are too uncertain for limited purses; their mode of serving is comprehensible for two, four, or six persons, but a serious loss for one, three, or five individuals.

It was, then, a simple, practical, and catching plan to advertise meals at a fixed price. Competition killed the system. If it were impossible to furnish a modest dinner at two francs, it was more so to accomplish the feat at one. Cheapness even has its limits that cannot be ignored, and these are fixed by the wholesale prices of food supplies.

Duval based his calculations on the fluctuations of the market, the only loyal as well as safe plan of working. Then he aimed to have a table well served with the freshest and best aliments prepared by efficient cooks, and suiting not only the stomach, but the purse of the client.

On entering one of the Duval establishments the controller from his sentry-box hands you a card, adapted to one or more persons. On this



card, which may be called the keystone of the whole organisation, are marked the prices of soup, fish, meats, poultry, game, vegetables, fruits, and wines. At a glance you feel that everything is well ordered, and the machinery running well. The hall, more or less vast, is well ventilated; cleanliness reigns supreme; decorum and respectability preside everywhere. You take a seat at a white marble table, and each table can accommodate two or more persons. Another card, the menu, is presented, detailing about sixty or seventy different articles of food, calculated to satisfy the appetite of a Gargantua. Opposite every article is its price.

Each waitress has a division for sixteen clients; she marks the number of her division on the card you received from the controller, and while you are in a brown study over the selection to be made from the menu, she has placed before you a napkin, a knife, fork, and spoon. A cruet-stand and carafe are permanently on the table. This is called the *couvert*, and for which one sou stands printed to your debit in advance. You would like a tablecloth rather than the bare marble—your wish is executed, at the cost of an extra sou, with Aladdin-slave rapidity. Do you wish ice? Will you commence the battle against hunger with oysters, shell-fish, olives, mortadelle, or other appetite-whetting kickshaws? Having been served with your choice, the waitress marks down the item, opposite the price, in its category, on your card. You can, if a ready reckoner, count your cost, and without your host, while eating your dinner. Thus you escape

“—a reckoning when the banquet’s o’er  
The dreadful reckoning, and men smile no more.”

You may retire after partaking of only a plate of soup as unnoticed as if you had patronised half the menu. You feel so easy, and the prices are so modest, you will remain, and indulge in extravagance to the extent of two or three francs.

You have several sound wines to select from, but no high-priced brands, whose tariffs suffice to provoke apoplexy in a bread-winner. You can order a pint, half, or quarter pint; the carafe will make it go farther. You have a choice of fried or boiled fish; of roast, broiled, and boiled meats; of cold joints, of made-up dishes, of game, of vegetables, of salads, cheeses, confectionery, fruits, conserves, liqueurs, winding up with coffee and cognac. No cigars are supplied. And all these victuals are purchased at the same markets as where the leading restaurants and hotels lay in supplies. The turbot will be exquisite; and if poor Vatel had such at his pinch he never would have committed suicide. The omelette will be worthy of Ude in his best days. You need not give any gratuity, but having been well, politely, and cheerfully served, leave two sous—but better four—beside your last plate, for you have had, under the guise of a “People’s Dinner,” a veritable *dîner de luxe*—a meal that will provoke no stomach disorders. Had Wenceslas VI. possessed one of Duval’s cooks, he would never have had occasion to put a Knight of the Spit on the spit if a hare was not done to a turn.

On leaving, you present the card, previously marked paid by the lady cashier, to the controller who gave it you on entering. This card is the check, the tell-tale of the establishment’s book-keeping. It passes through too many independent supervisions to admit of even the possibility of collusion, and, in addition, is checked by the customer himself. The client pays his bill himself. There are “walkers,” as in large drapery shops.

It was the discovery of the simple control card that sealed Duval’s success. He died a millionaire, after arriving first in Paris without a sou, and walking his way to the capital in wooden shoes. On his death, in May, 1870, his widow was unanimously elected to succeed him as *Presidente* of the company, an office she still brilliantly fills.

USE no soap nor scrubbing brush in cleaning oil cloth, but wash off the dirt with water and flannel; then go over with milk, and rub with a soft brush until dry and shining.

WASH black stockings in strong salt water, then dry them, and wash again in another solution, finishing in clear water. If properly done the dye will not rub off.

## HOW TO MAKE BLACKING, &c.

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THE best blacking for preserving the leather of boots, shoes, &c., and which will make it perfectly water-tight, is the following:—Take of yellow wax, one ounce and a-half; of mutton suet, four ounces and a-half; turpentine, half an ounce; ivory black, three ounces. Melt first the wax, to which add the suet, and afterwards the turpentine; when the whole is melted, remove it from the fire, mix in gradually the ivory black, constantly stirring till it is cold. This composition is sometimes run into moulds, and sold under the name of blacking balls. When it is used, it may be laid or rubbed upon a brush, which should be warmed before the fire. It is also the best blacking for every kind of harness. When it is wanted in a large quantity it may be gently melted in a ladle or pot, over a chafing dish with live coals.

**LIQUID BLACKING.**—Take of ivory black and treacle, of each three ounces; of olive oil and gum arabic, of each two drachms; of stale beer, ten ounces; of vinegar, two ounces; of oil of vitriol, two drachms; mix the whole together.

**ANOTHER RECIPE.**—Two ounces of ivory black, one teaspoonful of oil of vitriol, one tablespoonful of sweet oil, and two ounces of brown sugar, roll the same into a ball, and to dissolve it add half a pint of vinegar.

**ANOTHER.**—Take ivory black and brown sugar candy, of each two ounces; of sweet oil, a tablespoonful; add gradually thereto a pint of vinegar, cold, and stir the whole till gradually incorporated.

**ANOTHER.**—Three ounces of ivory black, one ounce of sugar candy, one ounce of oil of vitriol, one ounce of spirits of salts, one lemon, one tablespoonful of sweet oil, and one pint of vinegar. First mix the ivory black and sweet oil together, then the lemon and sugar candy, with a little vinegar to qualify the blacking, then add your spirits of salts and vitriol, and mix them all well together.

[N.B.—The last ingredient prevent the vitriol and salts from injuring the leather, and add to the lustre of the blacking.]

**ANOTHER.**—Sweet oil, half an ounce; ivory black and treacle, of each, half a pound; gum arabic, half an ounce; vinegar, three pints; boil the vinegar, and pour it hot on the other ingredients.

**BLACKING BALLS FOR SHOES.**—Mutton suet, four ounces; bees-wax, one ounce; sugar candy and gum arabic, one drachm each, in fine powder; melt these well together over a gentle fire, and add thereto about a spoonful of turpentine, and ivory and lamp black sufficient to give it a good black; while hot enough to run you may make it into a ball by pouring the liquor into a tin mould, or let it stand till almost cold, you may mould it in what form you please by the hand.

**EASY METHOD OF CLEANING BOOTS AND SHOES IN THE WINTER TIME.**—When the boots or shoes are covered with dirt, take them off, and with the back of a case-knife, or a piece of wood cut thin at the edges like a stationer’s paper knife, scrape the dirt off with the same as clean as possible, which will be very easily done while the boots and shoes are wet. Then with a small piece of wet sponge or flannel wipe off the remaining dirt, which the pressure of the knife cannot effect. Then place them in a dry room, or at a convenient distance from the fire for a few hours, and they will take the blacking remarkably well, and bear as fine a polish as they did before wetting. If proper attention is paid to this process, the fingers will scarcely be soiled, and much trouble will be saved by the extra brushing required when the dirt is suffered to dry on.

**TO PREVENT SHOES FROM TAKING IN WATER.**—One pint of drying oil, two ounces of yellow wax, two ounces of turpentine, and half an ounce of Burgundy pitch, melted carefully over a slow fire. If new boots or shoes are rubbed with this mixture, either in the sunshine, or at some distance from the fire, with a sponge or soft brush, and the operation is repeated as often as they become dry, till the leather is fully saturated, they will be impervious to the wet, and will wear much longer, as well as acquire a softness and pliability that will prevent the leather from ever shrivelling.

[NOTE.—Shoes or boots prepared as above ought not to be worn until perfectly dry and elastic, otherwise their durability would rather be prevented than increased.]

**TO PREVENT SNOW-WATER OR RAIN FROM PENETRATING THE SOLES OF SHOES OR BOOTS IN WINTER.**—This simple and effectual remedy is nothing more than a little beeswax and mutton suet, warmed in a pipkin until in a liquid state; then rub some of it slightly over the edges of the sole where the stitches are, which will repel the wet, and not in the least prevent the blacking from having the usual effect.

## THE BABY’S NAME.

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IN some countries there are very curious methods resorted to in order to select a name for the baby. When a baby makes its appearance in a Copt family, and the parents wish to bestow a name on the little stranger, they light three candles, to each of which they give a name, the name of a saint being the last of the three. The light that burns the longest is the name given to the baby.

Among the Mohammedans the names are sometimes written on five slips of paper, which are placed in a book called the Koran; the first slip drawn out contains the name that is bestowed on the child. The Hindoo parents place two lamps over two names, and the name over which the lamp burns the brightest is the one selected.

In some countries the names of infants are changed after they have been given to them. Among the Germans this was sometimes the case if the baby was ill. The Japanese are said to change their names four times, according to the different periods of life. The Chinese give the baby a name when it is one month old; and then, when the baby grows up and gets married, his father gives him a new name. At one period the Greek girl baby, when she grew to a woman and married, was obliged to resign her first name and take another.

In the early days of Rome the girl babies were not treated very politely. Instead of calling them by names they designated them by letters. Little Valeria was called V., Marcia was M., and Cornelia was C. This was not very respectful to these Roman girl babies. But the Chinese were still more impolite to their little girls, for they were known in the family as 1, 2, 3, 4, according to their birth.

There are a good many superstitious ideas about giving names to babies. Among the ancient Greeks the baby was named when it was seven days old. There was a great feast held and sacrifices made to the gods. Names were attached to tapers, and it was considered an omen of long life to select the name attached to the taper which burned the longest. At one time it was considered unlucky in Ireland to give a boy baby the name of his father, supposing it might shorten the parent’s life; and some people thought that if they called the little baby girl Agnes she would certainly become crazy. An old philosopher, who ought to have known better, as it was Pythagoras himself, thought that it was very unlucky to give a baby a name that contained an uneven number of vowels. In Scotland it was supposed that if the baby died before it had been baptised and received its name, it would not rest quietly in its grave, but would wander about the dreary solitudes lamenting its fate.

In olden times people thought much more of names than they do now. There are not many gentlemen who would refuse to marry a lady because her name is not pleasing to them. Yet this was done by a king. Louis VIII. of France sent to the Court at Madrid for a wife. The elder daughter was selected by her parents to marry the king, but when he heard that her name was Urica, which means magpie, he refused to marry her, and chose her less pretty sister Blanche, known as Blanche of Castile. When the parents of Urica gave the baby this name they little thought that it would lose her a throne.

To remove a glass stopper from a bottle, dip a piece of cloth in boiling water, and hold it for a moment or two around the neck of the bottle. The heat will cause the glass to expand, when the stopper can easily be removed.



## HE HAD SOME SOUP.

—o:—

APROPOS of soup, an old veteran of the New York press, George Canfield, used to tell of a comical adventure which befell him in Paris. George had laboured long and industriously at the ship news desk. He resided in the "Burg," as they used to call the eastern district of Brooklyn, and had worked himself up from the case, where he "set the ships," until he became editor-in-chief of the department. He knew enough of French to glean the exchanges for French vessels and French marine ports and other terms, but otherwise his knowledge of the language was greatly restricted. He had saved a good deal of money, and when at length he was given a generous holiday he decided to spend it in Paris. His first dinner in France was eaten at one of the big hotels in the capital. His wife was with him. They consulted the bill of fare, and George pointed with his finger to the first item. The waiter bowed, went off, and soon returned with a copious supply of soup for two. It was palatable, and George did full justice to it. Consulting the bill of fare once more, he pointed to the second item, somewhat to the surprise of the garcon. But he nodded his head emphatically and ejaculated "Oui" two or three times. The conquered waiter brought him two more plates of soup. George had to pretend now that he was very fond of soup, so he ate it with great relish, although it had a very filling effect. When it was all disposed of he took up the bill, and, firmly convinced that he would surely strike something solid by going down two or three items on the list, he put his finger on the fourth or fifth line, and pantomimed his desire to be served with what it represented. The waiter gave a little start, but rushed to obey, and brought back yet two more dishes of soup. George accepted his fate with a calm dignity. He wasn't going to let the waiter know that he wasn't getting just what he wanted, and he put himself outside the liquid with a good deal of effort and pretended gusto. "Well, Jennie," he said, as he took up the card once more, "I think we have had enough soup to get along without the roast. Suppose we skip down to the dessert." Bound to make no mistake this time he pointed to the last item. The waiter looked surprised. But George insisted. The polite garcon surrendered again, with a little shrug of the shoulders, and brought the required article. "And what do you think it was?" asked George, when he told me the story. "Blame me, if it wasn't a bunch of toothpicks."

## STARCHING AND IRONING.

—o:—

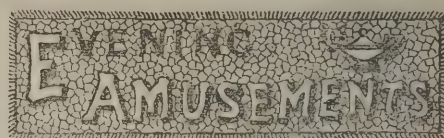
In the first place, let all collars, cuffs, and shirts be thoroughly dried after the wash, then dip each article separately into cold starch. (Colmans give with their pound boxes of starch directions for preparing, which follow, adding about a teaspoonful of powdered borax.) The things must be well soaked, then wring them with the hand, fold smoothly, wrap in a clean cloth; after which pass them two or three times through a wringing machine. For ironing you want a hot, clean fire, and perfectly clean, bright irons; pull the collar or cuff out, lay it down wrong side up, then run the iron briskly over once or twice, then turn and do the right side until it is dry and glossy. The irons must be hot, and care will be needed to prevent scorching. With regard to shirts, only the fronts, cuffs, and neckband are to be starched, then damp the rest, and, after mangling them, iron just the plain parts, then the cuffs and neckband, finishing with the front; after which fold nicely and hang to finish drying before the fire. The collars and cuffs will need to stand before the fire to stiffen properly. (2) When you have finished washing have ready some very thin starch made with boiling water, into which stir a little soap; dip your linen; wring and dry quickly. When ready to iron, mix one ounce of starch with a pint of cold water, dip the linen, and be careful that the starch does not settle. Wring well and iron immediately. (3) When the collars, &c., are washed and blued, dry them. Put a scant tablespoonful of dry starch—as you buy it—into half a pint of

almost cold water. Blend it well, and put the dry collars, &c., into it one by one. Rub them well, so as to work in the starch. Wring them dry twice, and put them back into the starch; three wringings will do. When all are put through the starch in this way, have ready a large bowl of boiling water. Dip each collar separately into this water, and wring them not too tightly. Have a clean old sheet or tablecloth, and stretch out the collars upon it, and roll them up as you would a jam roll, so that they will not touch each other. This is done to dry the collars. Let them remain not less than two hours. A box-iron is best and cleanest. Rub the iron upon a knifeboard with some bath brick; have a nice, clean, fine bit of calico, or thick muslin, and put it over the collar. Pass the iron two or three times over the right side first, then upon the wrong, which will make it sufficiently dry to iron it and finish it. The collar does not need rubbing, as the boiling water dissolves the starch. The sheet should be doubled, that it may soak the water out of the collar. Do not rest a second while you are passing the iron over the collar when between the muslin, as it might make it too dry, and the collar would be wrinkled. As the collars, &c., are finished put them near the fire to dry; if upon a clothes-horse, double a clean, dry old sheet several times, and put it upon the rail, as it will not mark the collar at the back, which the bare rail would do.

## HOW TO BEGIN POULTRY-KEEPING.

—o:—

It is rather important to begin at the right time, and that should be the spring. If poultry-keeping is begun in the autumn, when all experience has to be got during the worst season, the first result is likely to be a whole host of discouragements. No fowls lay well in the autumn and winter, and ill-selected ones may not lay at all—which is disheartening. But if it is spring when the first fowls are purchased, it must be very bad management indeed that does not result in some eggs during the next six months; and we have had curious experimental knowledge (from ten years old and upwards) of the remarkable extent to which even a small portion of the new, genuine, precious hen-fruit will buoy up hopes and expectations which might be considered generally rather gloomy. There will be some mistakes at first, probably, and perhaps some mishaps; but there will certainly be some eggs, which will keep up the spirits of the proprietor until he has learnt how to manage and plan. Decidedly begin in spring. The next thing of importance is to consider how many fowls are to be kept; and that will of course depend upon what space can be given up to them. Here we must avoid splitting upon a rock on which more people have split than on any other, except mistakes in feeding—the mistake of overcrowding. A very few fowls can be kept with ease, cleanliness, and profit, where double the number will give many times the trouble, besides the almost certainty of disease and loss. And it is not only this overcrowding, but in every family there are odd scraps of food which will more than half keep a few fowls in food, though not enough for more. This alone will make twelve fowls cost almost as much again for each one in food as five or six will cost. Supposing there is an average city garden of 20 ft. to 30 ft. wide, and that 6 ft. wide all across at the bottom of the garden can be given up to the fowls. With less than this fowls ought not to be kept at all. This space of 6 ft. by 20 ft. or 30 ft. will be enough with care for four or five good-sized ones, but not for more. Some people would say it is too little for any; but they can be kept in such a place with profit, if well attended to; only where the five would thrive and pay, ten would do neither. If more space can be given, one or two more can be added; but it will be best not to keep more than six to ten full-grown hens in any confined yard. People who have plenty of space, and especially if there is any grass for their pets to run upon, of course can be more ambitious.—*Cassell's Book of Sports and Pastimes for March.*



## OUR SPHINX AND PUZZLE PAGE.

—o:—

## BURIED PROVERB.

(Each line of the following verse contains part of a well-known proverb).

Waste not thy sweetness on the desert air  
Such beauty was not born to blush unseen;  
A garden's want of roses makes it bare,  
For of all flowers is she not called the queen?

## DECAPITATION.

Whole, I am a sharp pain. Beheaded, a place of business. Beheaded once more, I become an accomplishment.

## NUMERICAL ENIGMA.

The whole, composed of 27 letters, is a commercial maxim.

My 15, 9, 13, 6, 24, 7, 21, 11, 18, 1 refers to the stage.

My 19, 5, 3, 25, 17, 27 is a class of beings.

My 4, 12, 23, 8, 16, 26 is indebted.

My 22, 2, 10, 14, 20 was an American naval officer.

## CHARADE.

At dead of night, two burglars masked,  
SECOND in hand the window burst,  
Intent to WHOLE, but vain their quest—  
A light, a voice, the villains' FIRST.

## DECAPITATIONS AND CURTAILMENTS.

1. Behead and curtail heated and leave a household utensil.
2. Fears and leave to peruse.
3. Rough and leave propellers.
4. A residence and leave unwell.
5. Authority and leave indebted.
6. In place of and leave a beverage.

## HIDDEN ANIMALS.

1. If you call a man hard names you must expect hard blows in return.
2. We have not a single chromo left in stock.
3. I am afraid I gave you the wrong number of the street.
4. It requires a very large net for trawl fishing.
5. "Barley Bree" is a blending of Scotch whiskies.
6. We had a long cruise, but never felt in with an enemy's vessel.

## DIAMOND PUZZLE.

- 1, A letter; 2, Fury; 3, Sweet food; 4, Respected; 5, Conditions; 6, An affirmation; 7, A letter.

## WORD SQUARE.

- 1, A name; 2, Space; 3, Repose; 4, A girl's name.

## METAGRAM.

Whole I am a bird, change my head and I become successively—a ceremony, to eat into a morsel, to quote, and situation.

## ANSWERS TO "OUR SPHINX," IN No. 5, p. 78:—

- RIDDLES—1. It is a coach drawn by horses, which is not subject to tire, though the horses are.  
2. A peacock, in whose tail there are a hundred spots called eyes. 3. A fair tulip gathered out of a bed, which soon withered, and so was cast away. 4. A grass-hopper.
- ACROSTIC PROVERB—"If each would sweep before his own door, we should have a clean street."
- DOUBLE ACROSTIC—I. Fish—Bird: 1, FiB. 2, I. 3, SluR. 4, HeaD.  
II. Sweet-heart: 1, SetH. 2, WastE. 3, ErA. 4, ErR. 5, TacT.
- QUESTIONS AND ANSWERS—1. Seventeen, each paying fourpence farthing. 3. Two weathers, nine lambs, nine ewes.
- ENIGMA—I: A fop. II: The letter R.



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# THE COOK & HOUSEKEEPER

## A JOURNAL FOR EVERY HOME



No. 8. Vol. I.

SATURDAY, APRIL 23, 1887.

PRICE ONE PENNY

## HOW TO FOLD TABLE NAPKINS.

So much interest has been taken in our first essay on the art of table decoration in the simple serviette or table napkin, that we now illustrate two other modes of transforming the usual plainly-rolled linen into an object of art for the nimble fingers of our readers to practise upon. The first is known as

### THE COCKED HAT.

This is made by first folding the serviette first in half one way and then in half the other way, Fig. 1, and once more in half lengthways, Fig. 2; then make a fold again lengthways, turning one one way and one the other, but not quite to the top A A A A, Fig. 3. The serviette is supposed to be laid flat on the table, and the centre crease 1, Fig. 3, corresponds with B, Fig. 4. The lines in Fig. 3, from A to A and A to A, are the folds to be made lengthways, but not quite meeting at the top, with the hemmed edges upwards. In Fig. 4 it is supposed to be doubled in half again, with the hems outside at A on each side of it. First fold one side, as shown in Fig. 4, then the other, and iron down the crease, then partly unfold one side, as shown in Fig. 5. The dotted lines show the creases in the unfolded part, and C C show how the piece C in Fig. 4 is turned down. The piece raised is now folded down again, the dotted line creased, passed over the other side, the ends tucked in, and pressed down flat. It should now resemble Fig. 6. Now arch it nicely over the bread, and put a spray of bright flowers in the top to suggest the feathers, and the appearance should then be as shown.

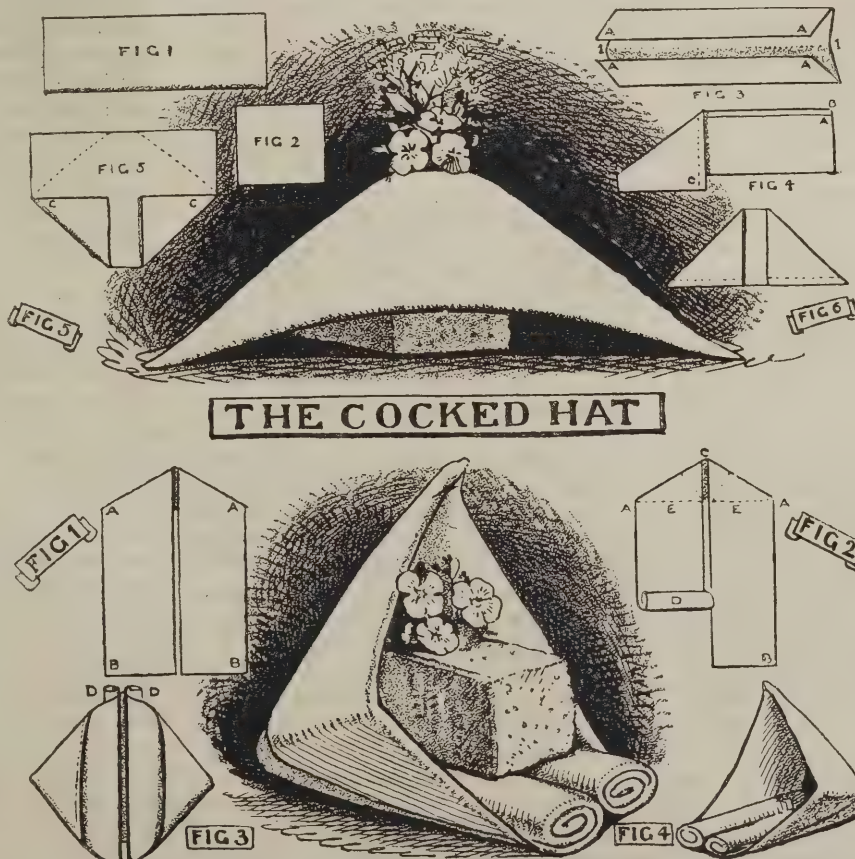
In our other illustration, by the most simple of means, a very nice

effect is quickly obtained. First fold the napkin in four, lengthways Fig. 1, then, keeping the whole of the fold at the top and edges at A A and B B; roll up the ends at B to A, one at a time, shown in Fig. 2. But roll them over, not under. When both are rolled close up to the dotted line E, with a twist of the hand bring the ends of the rolls B to the point C, shown in Fig. 3. Then lay this flat on the table, and set up the fold that appears of a diamond shape with the hand, and

it will appear as in Fig. 4. Now slip into the hollow a piece of bread or a roll, and with the addition of a few flowers the pleasing result illustrated is produced.

We have yet very many designs showing what an amount of fancy ingenuity can be displayed in this simple way. But in everything, as every housekeeper knows, success cannot be attained unless all is right at the commencement. So it is in the present instance. Serviettes, to look well, are required to be very fine. They must be exactly square, and yet not too large. To make them keep their position and pretty effect, they must be starched and folded when quite damp, whilst every fold should

be creased in its place with a clean hot iron. To prevent such an accident as soiling the linen with a dirty or over-heated iron, a box-iron is the best for the purpose, and this should be a small one easily wielded. As we have already observed, there are an almost endless variety of devices for the adornment of the dining-table in the shape of table napkins, some being very quaint and curious; but the above will suffice for this week.





# The Cook and Housekeeper.

SATURDAY, APRIL 23, 1887.

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(ARRANGED ALPHABETICALLY.)

—O:—

**Beef Steak and Oyster Pie.**—Beat a steak gently till tender; season with pepper, salt, and a little minced shallot minced very fine. Put layers of the steak with oysters. Stew the liquor and the beards of the oysters with lemon, mace, and a sprig of parsley. When pie is baked boil with the above a spoonful of cream and an ounce of butter. Strain it, and put into the dish.

**Beef, Sauté of, with Fine Herbs.**—Trim and prepare them precisely as above. Cover them with a few spoonfuls of fine herbs; suatez them and drain the butter from them.

**Beef Salad.**—An excellent salad is made of the lean and gristly parts of scrap meat. Take a pound of the meat and cut it into pieces; put into a salad bowl a liberal quantity of what is known as Roman lettuce, add the meat to it, the proportion being one-third meat to two-thirds lettuce; add a plain dressing, sprinkle over the salad a teaspoonful of chopped salad herbs, toss lightly, and serve. This is an excellent summer salad, but it does not amount to much without herbs.

**Beef, Slices of, with Potatoes and Poivarde Sauce.**—Slice a larded fillet previously served, cut pieces about half an inch thick, trim them neatly, without cutting off the brown; put them into a sauté pan with a small ladleful of brown sauce; cover closely with a stewpan cover; put it into a sharp oven until it is well warmed, and the consommé reduced to a glaze; dish the pieces *en miroton*; glaze them, and serve with a poivarde in the middle, together with a few potatoes, cut in the form and size of nutmegs, boiled and simmered a few moments in the sauce.

**Beef, Slices of, with Tomato Sauce.**—Prepare the slices as above, either from the fillet or a cold rump, and serve with tomato sauce.

**Beef Sausages**—Take two beef steaks about the size of two hands, and the thickness of a finger, beat them well to make them flat, and pare the edges of them; then mince the parings with beef suet, parsley, green onions, mushrooms, two shallots, and some basil leaves, the whole shred fine and mix into a force meat with the yolks of four eggs; spread this force meat on the slices of meat, and roll them up in the form of sausages; tie them with pack thread, and stew them in a little stock, a glass of wine, some salt, pepper, an onion stuck with two or three cloves, a carrot and parsnip. When they are done, strain the liquor, and having skimmed off the fat, reduce it over the fire to the consistence of a sauce. Take care that the sauce be not too highly flavoured, and serve it over your sausages; or they may be served with any ragout of vegetables you may think fit. To serve the sausages cold, as a dish in the second course, reduce the sauce by letting it boil with the sausages till almost all the fat be consumed; then let them stand to cool with what remains of sauce adhering to them, and serve upon a napkin. A small sausage machine will be found very serviceable in families, as very many scraps, such as tops of mutton chops and other like items can be minced and made palatable as sausages. We knew a careful housewife, who finding her children leave all the fat of mutton chops, chopped them up this way, when they were eaten without hesitation.

**Beef Steak** is cooked in various ways. One writer says one thing and another another. A very good authority, Mary Stuart Smith, of

Virginia, gives copious details. The finest beef is required for really good steak. Steaks cut from three different parts of the beef are in request for private tables and restaurants, known as tender loin, porterhouse, and round steak. The last is most commonly seen, because, having no bone worth speaking of, it is the economical cut, and having no fat, suits the many who have Jack Sprat's taste, yet it is far inferior in juice and tenderness to the two other cuts named. Tender loin steak cut from prime beef cannot be excelled. Porterhouse cut from it is the next choice (the sirloin itself). Beef steaks should be cut half an inch thick. If the beef is of the right quality by no means beat it, as in this way much of the sweetness escapes. Have a clear bed of coals, over which to place a gridiron with slender bars, well warmed and greased. Lay the steak on the bars and cook it just to the degree that pleases the palate of those for whom you are providing. Some persons, who like it raw, insist that five minutes is ample time to allow for having it done perfectly, while others have a disgust for anything but well done thoroughly cooked meat, and would prefer their steak to remain over the fire for fifteen minutes. A cook should accommodate herself strictly to the instructions of her employer, and learn how to please parties who widely differ. Cooking beefsteak upon an ordinary stove is to fill a kitchen with the smell of burnt fat, which may be avoided by having a charcoal brazier for the purpose put in some airy place, the charcoal supplying good heat, without smoke. No gravy is so good as the pure juice from the meat, joined with a little butter, added to the meat as soon as it is lifted from the gridiron. Pepper the steak when first put upon the gridiron, but let salt be added to taste at table. Mustard should always be at hand, ready mixed, for those who like it as a condiment for their beefsteak.

**Beef Soup** made in the French way is called *pot-au-feu*. "This *bouillon* is," as a celebrated cook, Leon Touchet, says, "considered as the principal basis of cookery. From it all soups and sauces are made and almost all other culinary preparations. It must be made in an earthen saucépan, and preferentially over a small charcoal fire. It can be made in a large copper pot at a pinch. Put in first ten or twelve quarts of water, eight or ten pounds of meat. At first let the fire be bright. As the scum rises, skim. Then put in two handfuls of salt, and again skim carefully. As soon as the water boils add six or eight leeks, five or six carrots, four turnips, two parsnips, five moderate sized onions, two small heads of celery, two chives of garlic. Now cover up the *marmite*. Boil it slowly for four hours, and take care that the fire does not get low enough to stop the simmering. Now taste the *bouillon*, and if good take it off the fire. Take out the meat, the vegetables, and the savoury herbs. Skim off the fat, and strain through a clean cloth into an earthen vessel. Take what you require and put the rest in an earthenware jar in a cool place.

**Beef, Roast, made into a Mince.**—Cut all the meat off the bone, and put on the bones to stew, with a little water, pepper, salt, and celery or celery-seed. Chop up the cold meat very fine. Strain the gravy, thicken it with a very little flour. Put the minced meat in just before you serve, and heat it thoroughly, but do not cook it. Mutton, veal, turkey, or chicken can be minced in the same way.

**Beef, Spiced Tongue,** is a good dish for supper. Make a mixture of half a pint of sugar, a piece of saltpetre the size of a pea, and a table-spoonful of ground cloves; rub this into the tongue. Then make a brine of two quarts of water and three-quarters of a pound of salt; put the tongue into a jar, and pour the brine over it. See that the tongue is entirely covered and is kept well under. Let it lie in this pickle for two weeks; then take it out and rinse it in several clear waters. Make a thin paste of flour and water, wrap the tongue in this, and put into a dripping-pan to bake. It must bake slowly, and it should be basted frequently with lard and water, or with half drippings and water. When done remove the paste and the skin; let it become cold; then cut into slices, and not too thin slices either.

**Beefsteak with Chestnuts.**—Choose a piece of tender steak, and half fry it in dripping; then flour it lightly, and put it in a stewpan with a little good gravy, and season with pepper and salt; let it simmer for a few minutes, and

add some peeled and scraped chestnuts; stew all together till the chestnuts are quite tender.

**Beef Tongue with Sauce Hachee.**—Take a tongue that is quite fresh; let it disgorge; blanch it to take away a tripy taste it may have retained, then stew it a good braize. When done flay it, cut it in two, spread it open, and cover thickly over with *sauce hachee*.

**Beef with Celery and White Beans.**—Soak about one and a half pints of white haricot beans in cold water for at least twelve hours; drain off the water, and put them in a stewpan with a nice lean piece of brisket, three heads of celery cut up in small pieces, pepper, salt, and sufficient water to cover the meat; stew slowly until the meat is quite tender and the beans soft, then add four or five large lumps of sugar and half a teacupful of vinegar; let it all stew for a few minutes.

**Beet Leaves Salad.**—The seed leaves of beet were preferred by the Greeks to the lettuce. They may be used instead of lettuce for salads, or served with a plain dressing. When they get old they require boiling a few minutes. Swiss chard is the mid-ribs of the beet leaves; they are cut into equal lengths, tied in bunches, boiled, and served with a plain dressing. The leaf part is not thrown away, but used as fennel.

**Beetroot** is usually eaten in salad. They are carefully washed and baked in the oven. When the skin crumbles up they are done. The usual plan, however, is to boil it. The length of time will depend on the size, from one to two hours and a half. For salad, cut it in slices. It is good with *mâche*, celery, and endive, or *barbe de capucine*, or with cooked vegetables, small onions, nasturtiums, and watercress. Beetroot which has been baked may be cut in slices and put into a *roast* (browning) slightly watered, and some stock in which chopped onions have been cooked; season with spices, and just as you serve up add a teaspoonful of strong vinegar. Beetroot (yellow) may be dipped in some batter (in slices) two by two, putting between a slice of onion seasoned with chervil, pimpernel, nutmeg, and salt; fry of a nice light brown, and serve with fried parsley and a sprinkling of salt.

**Beet Salad.**—Bake three medium-sized beets, and boil three roots of German or root celery; cut these into slices, and quarter each slice; put into each salad bowl a few chicory leaves; arrange the vegetables in alternate layers; pour over the salad a plain dressing; add a few capers, and, if liked, a very little onion; garnish with hard-boiled eggs. Beets are healthy, and may be used in all combination vegetable salads.

**Beet Salad (Another Way).**—Baked beets are better than boiled beets for salad. Take two medium-sized baked beets, cut them into slices, peel and slice one Spanish onion; put into a salad bowl a quart of dandelion leaves; add the beet and onion; prepare a plain dressing, and add it to the salad; add a few tarragon leaves; toss lightly, and serve.

**Bennaveu, or Turnip Soup.**—Scoop some turnips to the size of a marble; fill a pint; throw them into cold water. When the whole are ready, drain and dry them well in a cloth; then fry them in an omelette pan with a little clarified butter as large as a walnut, and a teaspoonful of pounded sugar. Keep them in motion till the surface of them is of a fine cinnamon brown; drain them thoroughly in the back of a sieve, and put them into a small stewpan with a ladleful of broth, to draw from them the batter in which they were fried. When they begin to soften drain them again, and throw them into three pints of good brown *consommé*, very clear, and simmer them till quite done.

**Berkshire Recipe for Summer Pea Soup.**—Take five or six cucumbers, pared and sliced, the white part of as many cos lettuces, a sprig or two of mint, two or three onions, some pepper and salt, a full pint of young peas, a little parsley, and half a pound of butter. Put them altogether in a saucepan to stew in their own liquor for an hour and a half, or until they are quite tender; then boil as many old peas; pulp them in a cullender, and mix them in a quart of liquor or more, according to the thickness which may be desirable; when the herbs are stewed put them in and serve them. This soup will be found excellent.

**Berkshire Recipe for Winter Pea Soup.**—Take two quarts of peas, boil them down to a pulp and strain, with celery and half an onion, two anchovies, pounded pepper, salt,



mint, and parsley, each a small handful; of spinach and beet a small quantity; stew all these in the batter until tender. Then add the pulp until the soup is as thick as required; put in a dessertspoonful of white sugar, and boil all up together.

**Bird's Nest Pudding.**—Peel and core six mellow apples; line pudding dish with pastry; lay the apples in bottom of dish, and stick long strips of citron round them; stir to a cream a pint of powdered sugar and half a pint of butter; beat separately the yolks and whites of eight eggs; mix them with butter and sugar; season with nutmeg; place it on the fire and stir till hot; then pour it over the apples, and bake immediately. It can be eaten warm or cold. Do not allow the top to brown too soon. It should be covered with a pan when first put into the oven to prevent this.

**Bird's Nest Pudding (Another Way).**—Mix with one pint of milk sufficient flour to make a batter, adding two eggs and a little salt. Cream one half cup of butter and one cup of sugar; pare and core nine tart apples; arrange in a dish, and fill the apples with the cream, and the spaces between with the batter; bake in a moderate oven an hour; serve hot.

**Biscuit for Breakfast.**—Take one quart of sifted flour, three teaspoonfuls of cream of tartar and one of soda mixed in the flour, and a little salt, two large spoonfuls of shortening; mix soft with warm water and milk, and bake.

**Biscuit, Light.**—Beat together one egg, one spoonful of sugar, a small lump of butter and a gill of yeast, or a yeast cake; add to this a quart of flour, and enough warm milk or milk and water to form a dough; work it and set it to rise. When it has risen, take down your bread board, flour it well, roll your dough out on the board and spread over it a tablespoonful of lard or butter. Sprinkle a dust of flour over the butter, roll it up into rolls and bake quickly.

**Biscuits, Devilled.**—Butter some small water biscuits on both sides, and sprinkle freely with cayenne, then cover one side with cheese made into a paste with made mustard, and grill them; serve very hot. Anchovies, curry paste, or chutney can be used instead of the mustard.

**Biscuit, Milk.**—To a pound of sifted flour put the yolk of an egg; dissolve a teaspoonful of carbonate of soda in a little milk; put it and a teaspoon of salt to the flour with as much milk as will make a stiff paste; work it well together, beat it for some minutes with a rolling pin, then roll it very thin. Cut it in round and square biscuits, and bake in a moderate oven until they are crisp.

**Biscuit, Milk (Another Way).** Warm half a pint of milk and half a pound of butter; pour this into nearly two quarts of flour (you must take out a handful for finishing the biscuit); add two eggs and a cup of yeast, knead it very well and make into round balls, flatten each one on the palm of your hand and prick it with a fork, bake.

**Biscuit, Soda.**—To each quart of flour add two teaspoonfuls of cream of tartar sifted through it. Put in a teaspoonful of lard or butter; dissolve a teaspoonful of soda in a cup of water, pour it on the flour; mix with milk or milk and water to a soft dough, roll out on the floured biscuit board, cut with the biscuit cutter, and bake quickly. Add a little salt.

**Biscuits (Naples and Savoy).**—To one pound of sugar loaf, grated fine, add nine eggs, take the whites out of two; add one pound of flour; beat your eggs very well, and then whisk your sugar and eggs together with a little rose water; add the flour, and bake them long and round.

**Bread Cheese Cake.**—Slice a penny loaf as thin as possible; pour on it a pint of boiling cream, and let it stand for two hours; then take eight eggs, half a pound of butter, and a nutmeg grated; beat them well together, and mix them into the cream and bread, with half a pound of currants, well washed and dried, and a spoonful of white wine or brandy; bake them in patty pans or raised crusts.

**Blackberry Pie.**—Put a quart of the berries into a basin of water; take up the berries by the handful; pick out all stems and unripe berries, and put the rest into a dish; line a buttered pie-dish with a pie paste; put in the berries half an inch deep, and to a quart of berries put a teacupful of brown sugar and half a teacupful of water; dredge a teaspoonful of flour over, throw in saltspoonful of salt and half a grated nutmeg. Cover pie, cut a slit in centre, press the two crusts

together round the edge, trim it off with a knife; bake in quick oven three-quarters of an hour.

**Blackberry Tart.**—A pint of blackberry pulp, a glass of brandy, six apples cut small, a grated biscuit, and, if possible, a handful of sloes; mix well, sweeten to taste, and either make it into tart or pudding. Dress it in an hour, and serve with a custard or cream.

**Blackbirds and Thrushes** are to be cooked with the tail left in.

**Boulettes of Potatoes.**—Boil, peel, and mash some potatoes; then mince the remains of any meat you may have, either boiled or roast, adding a little butter, salt, and pepper, with some parsley, green onions, and shallots, all shred fine, and one or two eggs; take the same quantity of potatoes you have of minced meat; mix the mash together, and form into middling-sized fish balls, which dip into the whites of some egg; roll in flour, and fry; serve garnished with fried parsley.

**Black Butter** is made by putting half a pound of butter in a saucepan on the side of the stove, so that it may just heat sufficient enough to colour it; do not skim it, for it is the scum which causes the colour. Into a large glass of vinegar put all sorts of sweet herbs, two or three cloves, salt, pepper, and a sliced shallot; reduce this over the fire by one-fourth of the quantity, then add to it the coloured butter; rack the whole off clean, and pass through a fine sieve. Use as wanted.

**Black Cups.**—Halve and core some fine large apples, put them into a shallow pan, strew white sugar over, and bake them. Boil in glass of wine, the same of water, and sweeten for sauce.

**Black Currant Pudding.**—Line a basin with a light pudding paste; put sugar over it, put in the black currants, add more sugar, and a teacupful of cider, cover with a top crust, tie cloth over it, and boil for two hours.

**Black Puddings** can be made to advantage with the blood of calves, sheep, or beef mixed with pig's blood. "But," says Baron Brisse in "La Cuisine," "you have a very inferior pudding." In Italy and elsewhere very fine black puddings are made with the blood of wild boars, of deer, kids, hares, and fowls.

**Black Puddings** may be made as follows:—Take some hog's blood from a freshly killed pig and put it into an earthen pot, taking care it is not curdled. Mix a little milk in it and a table-spoonful of good beef stock to render it more delicate. Cut up some of the fat, which put in the blood, with parsley and chopped eschalot, fine herbs previously fried in hog's fat. Season with pepper, salt, and other spices to taste. This done, warm some water in an iron saucepan. Mix the whole in the earthen vessel, taking care to mix all the time. As soon as the whole has taken, fill the skins with a funnel. As soon as they are done allow to cool, and they are ready for the gridiron.

**Black Puddings (Another Way)** is to clean some pig's entrails, put a pint and a half of pig's blood to a quart of onions. Chop fine and par-boil in a saucepan with a very little water. When nearly done have ready two pounds of fresh pork, without bone, fat and lean in equal proportions, chopped up fine. Mix together the minced meat, onions, and pig's blood, seasoned as above. Fill as above, lie in lengths it desired, and boil about twenty minutes or more. Some advise keeping it in cold water until wanted.

**Black Puddings and Rice.**—Others again boil and dry rice according to taste, adding all the crust from a quatern loaf, and two quarts of new milk. When the milk is absorbed put in the pig's blood. In this case the authority suggests allspice, nutmeg, ground ginger, some onions, and chopped thyme, a tablespoonful of salt, half that quantity of pepper and a quarter of an ounce of cloves, all pounded. Add two pounds of suet and six or seven eggs well beaten to the rice. Add to this, as in the first case, a pound and a half of the inner fat of the pig. Boil for an hour, dry in a cloth and hang up for use.

**Blanching** meat is supposed to give firmness to the flesh, and to give whiteness to fowls and rabbits. It takes the acrid taste from some vegetables, while in the case of tongues, palates, &c., it enables the skin to be taken off. In the same way calves' head and feet are blanched, to soften them.

**Blanch, To,** is to parboil; to scald vegetables in order to remove their skins, such as almonds, &c.

**Blanc Mange of Almonds.**—This is made by taking some almonds, peeling and pounding them, after which pass them through the tammy with a little bread crumb, hot water, white wine, and pounded sugar, so that it should be firm and sweet. Put all this in a glazed earthen saucepan and cook slowly, stirring until it is well done. When nearly cooked season with fowl and other roast meat according to taste, or, if you like, with some fried fish; before taking up add sugar plums.

(To be Continued.)

## Vegetarian Cookery.

### PUDDINGS AND SWEETS.

[GENERAL DIRECTIONS.—Batter Puddings, when mixed, should be passed through a tin strainer, or coarse sieve. Eggs used for puddings, should be strained after they are beaten. The basins or moulds in which puddings are to be boiled should be buttered, the pudding then poured in, and, after having a cloth tied tightly over, put into the pan at once. When a cloth only is used it should be dipped in hot water, squeezed dry, spread over a basin, and dredged with flour; the pudding then poured in, and if batter, tied closely, but if bread, allow a little room. The water should boil quickly the whole time. The most convenient way to dish a pudding boiled in a cloth is to place it in a basin, then open the cloth, lay the face of the dish upon the pudding, turn the whole over, take off the basin, and remove the cloth. All puddings should be boiled in plenty of water, to allow them sufficient room to move freely, and prevent the ingredients separating. When a pudding is boiled in a cloth place a plate at the bottom of a pan, but when a basin or mould is used this is not requisite. Pudding cloths should be of tolerably fine linen, carefully washed and perfectly dry when put away. Snow is an excellent substitute for eggs, either in puddings or pancakes—two large spoonfuls will supply the place of an egg. The snow may be taken up from any clean spot before it is wanted, and will not lose its virtue, though the sooner it is used the better. The yolk and white of eggs beaten long and separately makes the articles they are used in lighter. Currants and raisins should be washed, dried, picked over for gravel, &c., and raisins stoned and halved. Plum puddings are better mixed overnight. Milk and fruit should always be boiled in an enamelled saucepan or bell-metal stewpan, or in a jar in the oven, or saucepan of boiling water.]

**BLANCMANGE (Arrowroot or Cornflour).**—Four ounces of arrowroot, a quart of new milk, and one ounce of white sugar. Set a pint and a-half of milk on the fire, adding the sugar; when boiling put in the arrowroot, previously mixed till perfectly smooth in half a pint of cold milk. Stir constantly till it has boiled three minutes, then add ten drops almond-flavour, or rub some of the sugar on peel of lemon, and pour into a mould previously dipped in cold water.

**BLANCMANGE (Ground Rice).**—A quart of milk, quarter of a pound of ground rice, one ounce of loaf sugar. Set a pint and a-half of milk on the fire, with three bay or two laurel leaves, or flavoured with lemon peel rubbed on the sugar. When it boils take out the leaves and stir in the rice, previously mixed smoothly with the rest of the milk; boil ten or fifteen minutes, stirring the whole time. Pour into a mould previously dipped in cold water.

**CUSTARD (Plain).**—Set a pint of milk on the fire; when it boils stir in barely one ounce of cornflour or riceflour, mixed smooth with a little cold milk, one ounce of loaf sugar. Boil ten minutes, stirring the whole time. Flavour with lemon rind rubbed on some of the sugar, or two bay leaves in the milk, taking them out when it boils, or add a few drops of essence when done. Keep it stirred till it is cooled a little, then add by degrees an egg well beaten, stirring it after.

**FRUIT (to Stew).**—Fruit should be cooked gently in a jar in the oven, or in a bell-metal stewpan or an enamelled saucepan. For fruits without much juice (such as apples and green gooseberries) use very little water, say an eighth of a pint to a quart of fruit. Put in the sugar



when it is half done. They take from half an hour to an hour and a half, according to kind. For sour fruits, a quarter of a pound of sugar to a quart. Apples require a few cloves or a little lemon peel also.

**FRUITS, DRIED (to Stew).**—Apples, prunes, figs, &c., should be put to soak in water to cover them overnight, then stewed gently some hours (sugar and spice to taste), till the water is nearly absorbed.

**FRUIT (Sago).**—Some kinds of fruit may be improved by stewing them with sago and water, especially those which are acid or rough. For juicy fruit there may be five ounces of sago to a quart of water, for others not so juicy less sago in proportion; if very dry two ounces of sago will be enough to a quart of water. Equal quantities of fruit and water may be used if the fruit is strong flavoured as black currants, but half or a quarter the quantity of water to fruit in milder kinds. Stew fruit, sago, and water together in a jar or saucepan in the oven or cool part of the stove, stirring occasionally, when done (in one or one and a-half hours) sweeten to taste, and stew five minutes longer. This makes fruit go further, and supplies in some degree the place of cream, milk, or custard.

**GOOSEBERRY FOOL.**—Put the fruit in a stone jar with sugar, set the jar on a stove, or in a saucepan of water over the fire, in the former a little water just to cover the bottom of the jar should be added; when done press it through a colander, and add new milk and sugar to taste, mixing well together by degrees.

**JUNKET (Russian).**—Put new milk in the dish in which it is to be served, with a piece of muslin tied over to keep the dust out, near the fire, or in a sunny place, till it turns sour and quite thick; as soon as it is thick remove into the cellar; when cold it is ready for eating. Serve brown bread crumbs, powdered cinnamon, and sugar, in separate dishes, to eat with it. Milk that has begun to turn may be utilised in this way.

**MINCEMEAT.**—Quarter pound of apples peeled and cored, quarter pound of raisins, two ounces of candied peel, two ounces of sugar, the peel of a quarter of a lemon finely shred, and a little nutmeg grated; chop altogether, then moisten with the juice of a lemon, sufficient for six small pies to be made fresh when wanted. Line a patty pan with pie crust, put in some of the mixture, cover with another piece of crust, bake an hour in a moderate oven.

**ORANGES (Compote of).**—Make a syrup by boiling one pound of loaf sugar in a pint of water till all the scum is risen, take this off as it rises; have ready six oranges peeled and divided into small pieces remove the pips carefully, and as much of the pith as possible without breaking the thin skin. The peel must be boiled two hours, changing the water after half an hour, cut it in thin strips. Put the oranges and peel into the syrup and simmer five minutes, take them out carefully with a spoon without breaking, arrange in a glass dish, reduce the syrup by boiling quickly till thick, about five minutes. Let it cool and pour over the oranges. Serve cold. To suit some tastes use the peel only of half the oranges.

**PANCAKES.**—Ten ounces of flour, one pint of milk, two eggs; stir in as much milk as will make a stiff batter, when beaten smooth add the remainder of the milk, and lastly the eggs well beaten; put a little butter or oil in a fryingpan, pour in as much batter as will cover the bottom to make the pancakes not above the thickness of a penny; when nearly set shake the pan round a little, and if the pancake will move freely turn it over, adding a little more butter; when lightly browned turn again, and almost immediately slip out of the pan on a hot dish, set over a pan of boiling water, rolling up each pancake when fried; serve with sugar and lemon juice. May be varied by adding chopped apples or currants.

**PANCAKES (Rice).**—Three ounces of riceflour, two ounces of flour, one pint and a quarter of milk, three ounces of sugar, and three or four eggs. Set a pint of milk on the fire, and when nearly boiling put in the rice flour, mixed with a quarter pint of cold milk, stirring constantly till it thickens, then pour into a basin and add the sugar and a little powdered cinnamon; when cool stir in the flour and eggs well beaten,

fry the batter in pancakes, lightly brown on both sides, and sift sugar over.

**PEARS (to Stew a good colour).**—Peel and core four pounds of stewing pears, and put into a new block-tin saucepan with one pound of lump sugar, quarter pint of water and lemon juice, lemon peel, and a few cloves. Stew four hours, covering with the rinds. At the end of that time try if the pear is tender. It should be kept at simmering point the whole time. If the saucepan be not new take a few grains of cochineal tied in muslin and put into a little boiling water with a tiny piece of alum. When the colouring has been extracted this should be put with the pear one hour before taking from the fire, but nothing answers so well to make the pears a good colour as a new saucepan.

**PASTE FOR PIES AND PUDDINGS.**—A pound of flour or wheatmeal, two ounces of butter, a teaspoonful of baking-powder, and two ounces of powdered white sugar. Mix the baking-powder well with the flour, rub in the butter, add three-eighths of a pint of water, mix with a wooden spoon, but do not knead it, then take out of the bowl and roll, fold in three and roll again, and if not sufficiently smooth roll a third time.—A good short crust can be made with six ounces of flour, three ounces of ground rice, one ounce of white sugar, and one and a-half ounces of butter. Rub together, mix with a little cold milk.—[Some people prefer olive oil to butter for pastry. The best Lucca oil should be obtained—two ounces of oil to one pound of flour. Stir the whole of the oil well into the flour, so that the oil is thoroughly distributed among the dry flour, then mix with water and roll out.]

(To be Continued.)

## Cookery for the Million

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**ANOTHER DELICATE PREPARATION OF PORK.**—Take any part usually roasted, simmer it slowly until nearly cooked, then remove the skin, brush it with the yolk of an egg, cover it over with bread-crumbs and chopped herbs, and roast it in a Dutch oven or small cradle-spit.

**TO DRESS PORK AS LAMB.**—Kill a young pig of four or five months; dress the fore-quarters trussed with the shank-bone close, having taken off the skin. Serve with mint sauce and salad. The other parts will make delicate pickled pork, steaks, or pies.

**BAKED LEG OF PORK.**—Rub it well over with salt and saltpetre mixed; let it lie five or six days in the brine, then hang it up to smoke for five or six days, when it is ready. Take off the skin, put it into an earthen dish, and pour a little red wine over it; stick a few cloves in it, or beat them to powder and rub them over it. When it has been in the oven a short time, take some hard biscuit, pounded with sugar, and spread it all over. Serve it up with gravy and port-wine sauce. It may be roasted on a spit if preferred to baking.

**TO BOIL A LEG OF PORK.**—Salt it eight or ten days, turning it daily, but do not rub it after the first. When to be dressed weigh it; let it lie half-an-hour in cold water to make it white; allow a quarter of an hour for every pound, and half-an-hour over from the time it boils up; skim it as soon as it boils, and frequently after; but do not boil it fast, or it will be hard. Allow water enough. Save some of it to make pea-soup. Some boil it in a very nice cloth, floured, which gives a very delicate look. Serve peas-pudding and turnips with it.

**TO ROAST A PIG.**—When prepared for the spit, roll a small lump of butter in flour and chopped sage-leaves, and put it in the inside. When warm at the fire, take the whites of one or two eggs, beat them well, and, with a small brush or bunch of feathers, spread it all over the pig. When nearly roasted catch the gravy that falls, and, when taken from the spit, remove the sage-leaves from the inside; cut off the head, split, and take out the brains, cut the pig down the back and into quarters, cut off the ears, and lay them with the head round the dish. Mix with the gravy already caught the brains and the sage-leaves, chopped small, together with a little cream or melted butter heated in a saucepan, and pour it into the dish.

Send up the pig with various sauces—viz., currant-sauce, egg-sauce, gravy, and plumped prunes or raisins. This is an old-fashioned recipe for roasting pig, but as it obtained when the dish was a favourite it has been inserted here. The common method now is to bake a pig, and send it to the oven rubbed with butter, basting it occasionally with butter while cooking, and having gravy, bread, or egg-sauce as an accompaniment.

**TO SCALD A SUCKING PIG.**—The moment the pig is killed put it into cold water for a few minutes; then rub it over with a little resin, beaten extremely small, and put it into a pail of scalding water half a minute: take it out, lay it on a table, and pull off the hair as quickly as possible: if any part does not come off, put it in again. When quite clean, wash it well with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet at the first joint; make a slit down the belly, and take out the entrails: put the liver, heart, and lights to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

**TO ROAST A SUCKING PIG.**—If you can get it when just killed this is of great advantage. Let it be scalded, which the dealers usually do; then put some sage, a large piece of starchy white bread, salt, and pepper, into the belly, and sew it up. Observe to skewer the legs back, or the under part will not crisp. Lay it to a brisk fire till thoroughly dry; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve; then scrape off the flour very carefully with a blunt knife, rub the pig well with a buttered cloth, and take off the head while at the fire; take out the brains; and mix them with the gravy that comes from the pig. Then take it up, and, without withdrawing the spit, cut it down the back and belly, lay it into the dish, and chop the sage and bread quickly as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws; take off the upper part of the head down to the snout. In Devonshire it is served whole, if very small; the head only being cut off to garnish, as above. It will require from an hour to an hour and a half to roast.

## FOOD FOR ITALIAN PEASANTS.

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THE staple food of the Piedmontese peasant consists of wheat bread and polenta, a mush of corn-meal. In summer the peasant takes his first meal about eight o'clock, a.m., just pausing a few moments in his field labour to eat a kind of dry bread. About eleven o'clock he returns to the house, where a dish of polenta or a ppor mess of vegetables awaits him. In the evening there is again a dish of cornmeal or bean soup, and perhaps the addition of rice or coarse macaroni. In summer there is in addition to the foregoing, a lunch about three or four o'clock in the afternoon, and at this meal there is an enormous consumption of onions, garlic, melons, lettuce, green peppers, and so forth, which are dressed with oil by the more prosperous ones, but only with a pinch of salt by the less favoured companions. Such is the ordinary fare of the peasant, the only difference being when on some high feast-day he may have a couple of sausages to eat with his mash. Meat is an article of luxury almost unknown, and is only indulged in on the occurrence of the festival of his patron saint, when there is a family gathering. It is true that now and then a cow or calf may die a natural death, and if such a death is not produced by an absolutely contagious disease the meat is sold very cheap and that day there is feasting and rejoicing in the village.—*Vice-Consul Touhay.*

OLD newspapers will put the finishing touch to newly cleansed silver, knives and forks, and tinware better than anything else. Rub them well and make perfectly dry. They are excellent to polish old stoves that have not been blackened for some time.





## IX.—BLACKCAP.

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THE blackcap (*Sylvia atricapilla*) has a song second only to the nightingale in power and sweetness, and it is an admirable mimic, learning the notes both of the canary and nightingale, and imitating the latter so exactly that when singing at night it is frequently mistaken for the nightingale. It comes in April and leaves in September. The old birds are not easily caught, but the young ones are. It has a black hood, extending from below the beak to the nape of the neck of the male; is about the same size as a chaffinch. It must have a similar cage and food to the nightingale.

It frequents most parts of England, and is a very active, joyous little bird, seldom seen to advantage in captivity, as it is apt to disfigure its plumage when caught wild and caged, and often loses its feathers in an aviary. Like many others of the warblers, it moults twice in the year. A sunny situation would help the growth of the new feathers, or a warm bath might be useful, taking care that it should not catch cold.

In Germany it is called the monk. It is to be found all over Europe, and frequents woods and gardens near them. Like the nightingale, it is fond of the bushy underwood. If allowed to run about the room, a pine bough or a grating with several perches should be placed for it in some warm quarter, which it will rarely leave, as it is not fond of hopping about. The female sings in confinement, but its note is not so agreeable as that of the male.

The garden warbler, white-throat, and wood warbler belong to the same category; but now comes the especial favourite of men, women, and children—the robin redbreast (*Erythraeus rubecula*). Few birds are more familiar to us, from association and other causes. It remains in England all the winter, but is very susceptible to cold, and its appearance near outhouses is a certain signal of cold weather. In severe weather he seldom perches, but conceals himself in holes. He is fond of man, and has been known after following the plough all day to enter the labourer's home and partake of his evening meal. He is both tame and engaging; and one bird, on the strength of having been fed with bread-crumbs, would follow the family to church.

Bread-and-butter is a favourite dainty with the robin, and he has been known to enter and help himself to it off the table uninvited. Mr. Thompson says: "Butter is so great a dainty to these birds, that in a friend's house frequented during the winter by two of them the servant was obliged to be very careful in keeping what was in her charge covered, to save it from destruction; if unprotected, it was certain to be eaten. I have known them to visit labourers at breakfast time to eat butter from their hands, and enter a lantern to feast on the candle."

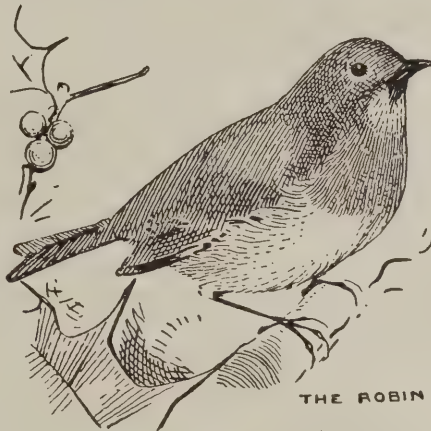
The robin is a most combative bird, fighting its own species with singular energy, and often killing its opponent. One of these birds killed over twenty of its own species because they came into a greenhouse which he chose to arrogate to himself.

The nest of this bird is generally placed near the ground in a great leafy bush or on a bank, and is composed of dry leaves, grass, moss, hair, and feathers. It has been found well concealed in the ivy round a tree-trunk, eight feet from the ground. It very seldom flies direct to its nest, but alights at a distance and creeps through the leaves and bushes until it enters its home.

It builds in most extraordinary places at times. There are many instances of its selecting churches, schools, shelves in store-rooms; one built in a watering-pot, another in the mouth of a shark in a bird-stuffer's apartment. The circumstances connected with this are worth telling. "The room above a pantry," says Mr. Thompson, "was occupied as a bird-stuffing apartment. After a redbreast had

deserted the lower storey as being too noisy, he took to this apartment daily, and was daily expelled. Thinking to frighten the little creature, he brought out a large number of stuffed Asiatic quadrupeds. He selected the most fierce-looking carnivora, and placed them at the open window, which they nearly filled up, hoping that their formidable aspect might deter the bird from future ingress. It, however, made its *entrée* as usual. The perseverance of the robin was at length rewarded by a free permission to have its own way, when, as if in defiance of the ruse that was practised against it, the place chosen for the nest was the head of a shark, which hung on the wall, while the tail of an alligator stuffed served to screen it from observation. During the operation of forming this nest the redbreast did not in the least regard the presence of my friend, but both man and bird worked away within a few feet of each other. It had five eggs, which all came to maturity, and the whole brood flew away in safety."

The robin should never be kept in confinement, but all who love the little creature can imitate the example of one who loved the race. "One bird whom we used to feed," says the author of "Bird-keeping," "through the winter, and who came regularly to our table for his breakfast of fat and bread-crumbs, had a nest in the following summer in a rhododendron bush near the drawing-room window, and on occasion of a long drought, when it was diffi-



cult to get insects and worms, and many birds suffered from want of water, our old friend brought his family to the window regularly for a supply of food as long as they were in need, and followed us whenever we went into the garden in expectation of crumbs and other dainties. I strongly advise all those who love robins to provide them with a supply of food, and a cocoa-nut husk or covered basket in a warm nook during the winter when they suffer from cold, and to allow them to come and go at pleasure, and never to keep them imprisoned during the bright days of spring and summer. They will reward their friends with steadfast attachment, and thus remain their joyous friends instead of their reluctant captives."

There are those who desire to keep them in captivity. In this case the fledglings should be sought in May. When caught they must be kept in a basket among some wool, and fed every hour and a half with a mixture of shredded meat, worms, and ants' eggs; failing this, a mash of finely cut lean roast beef and boiled carrot. They are voracious little things, and will eat till they die of surfeit if you will let them. Enough at each meal will be four or five pieces, administered at the end of a feather, the size of a horse bean.

The cage best adapted for the robin is one only open at the front. When once in this he will have to be tried with various foods, such as bread-crumbs, boiled lean meat, and hard-boiled egg. If that does not suit him, try well-baked stale bread, 3 ozs.; barley meal, 2 ozs.; and boiling new milk. His fondness for butter and grease continues, but it is not right in a caged state. When possible, let him have ripe elder-berries, a few small tree buds, and some grains of wheat, the whole well-mixed with lean meat. If ill, its diet should be changed to ants' eggs, meal-worms, and bruised malt. If it has the cramp, give it a few earwigs; if

melancholy, a marigold flower chopped up with their food will cheer their spirits.

Of course, the poets, especially of Shakespeare's time, have taken note of the robin. Drayton alludes to it thus, as

"Covering with moss the dead unclosed eye,  
The little redbreast teacheth charity."

## X.—TITMICE.

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THESE are of the order *Parus*, and are easily recognised by their strong stout little beaks, the boldly-defined colour of their plumage, and the quickness of their movements. They are all insect-eaters, and are very fond of the fat of meat.

The first example is the great titmouse, which is found in England and elsewhere. It does not migrate, finding food enough at home. It haunts forests, gardens, and shrubberies in the summer, and may be seen hopping and running about in the most amusing way, searching for insects, and knocking them out of their hiding-places by means of its bill. Its beak, small, as it is, is very formidable, and it has been known to set upon smaller birds and kill them with repeated blows on the head, pulling the skull to pieces and picking out the brains.

During the winter it approaches human habitations, foraging about, and seldom failing to find ample food. Its ingenuity may be judged by an anecdote told by Mr. White. "In deep snows I have seen this bird, while it hung with its back downwards, draw straws lengthwise from the eaves of thatched houses, in order to pull out the flies that were concealed between them, and that in such numbers that they defaced the thatch."

"When the house-flies become languid in the autumn, the tits capture them in vast numbers, and, when insects fail, they capture autumnal spiders. In the dead season, when insect life is in the egg, they pick up nuts, acorns, and the capsular fruit of other trees, hold them in their claws, and hammer away with their bills till the hardest shell and toughest capsule is opened. They also eat the seeds of grasses, especially those of an oily nature, and of such size that they can hold them with their feet and pull them open, for they do not grind or bruise with the edge of the bill. They feed greedily upon carrion, and when they come upon other birds in a benumbed and exhausted state they despatch and eat them, first breaking and emptying the skull."

The nest of the great titmouse is made in convenient hollows, generally in trees, but often in the holes of old walls, and in the cavities



formed by thick gnarled roots. Hollow trees are, however, its favourite resting-place, as it can shape the hollow to its liking, by chiselling away the decaying wood with its beak. The materials vary. If the hollow be deep and warm, the bird takes very little trouble, merely bringing a few feathers and mosses as a soft bed on which to lay the eggs; if, however, the locality be more exposed, the titmouse builds a regular nest of moss, hair, and feathers.

But he is not particular. In the natural history of Godalmen we read:—"The next object of attention was a titmouse, of the large



black-headed kind, swinging himself about like a rope-dancer, and waisting out his singsong just like a fellow sharpening a saw. To my surprise, this gentleman entered an old magpie's nest, to which I had paid frequent visits during the previous spring; he immediately came out again and jumped about, sharpening his saw as before. One might almost as well handle a hedgehog as a magpie's nest; in this instance some cuttings of gooseberry bushes, skilfully interwoven into an arch above it, rendered it rather more untempting than usual. I was meditating how to commence the attack when another tomtit flew out in great choler, and rated me as though I had already robbed her. After a good deal of trouble, during which the slender fir-top was swinging about with me in the breeze, I succeeded in obtaining a peep into the nest; there was nest within nest—the cosiest, softest, warmest little nest, with eight delicately speckled eggs, at the bottom of the magpie's more spacious habitation. I declined meddling with them; whether on account of the awkwardness of my situation, or the intervening gooseberry bushes, or the cruelty, I will not say.

The great titmouse has a chattering rather than a singing voice; but it has considerable flexibility of utterance. As it hunts in the trees, its chatter, though not loud, is harsh and grating, resembling that which is produced by the filing of iron.

It must not be put with other birds in an aviary \* unless abundantly supplied with food, or it will kill the small ones, eat the brain, and then become ferocious. In confinement it will eat anything that comes to table—meat, bread, cheese, and vegetables, as well as lard, tallow, filberts and walnuts, and the universal paste. If well attended to, it is not a delicate bird. It drinks a good deal, and is fond of bathing.

There are many other titmice, one of the most familiar the blue-tit, or tom-tit. This pretty bird is four inches and a half long, of which the tail measures two inches. This variety frequents oak and beech woods, though in autumn, when migrating in flocks in search of food, it may be seen in gardens. It is as quarrelsome and malicious as the head of its class, but not strong enough to inflict serious injury. Wild it eats insects and their eggs, and in autumn berries. In captivity same food as the elder titmouse.

It is a very spirited bird, and defends its nest and eggs against all enemies with great courage, as is well known to birds'-nesting boys, who have given it the name of Billy Biter, from its sharp impression on their intruding fingers. "I was lately very much pleased," says Knapp, "in witnessing the maternal care and intelligence of this bird, for the poor bird had its nest in the hole of a wall, and the nest had been nearly all drawn out of the crevice by the paw of a cat, and part of the brood devoured. In revisiting its family the bird discovered a portion of it remaining, though wrapped up and hidden in the tangled moss and feathers of their bed, and it then drew the whole of the nest into the place from whence it had been taken, unravelled and resettled the remaining little ones, fed them with usual attention, and finally succeeded in rearing them. The parents of even this reduced family laboured with great perseverance to supply their wants, bringing them a grub, caterpillar, or other insect at intervals of less than a minute during the day."

The gardener gives the tomtit a dreadful character, and has ever got a loaded gun round the corner to shoot Thomas down. It is true that the tomtit is seldom seen without a bud in his mouth, but it is equally true that the bud is certain to contain a worm. The strength of its beak may be judged from the following:—A gentleman kept a tomtit in the same room with an aquarium stored with fish, lizards, beetles, &c. These were a source of great perplexity to the inquisitive little tomtit, who was allowed to fly about the room. He would perch upon the back of a chair, wagging his bullet head with great gravity, and watching the water animals as they sported about. One day, however, Tom for the first time observed a lizard crawling up the glass. Uttering a shrill cry either of fear or defiance, he suddenly darted at the reptile, striking the glass with such force

that the whole side was shattered to pieces and the apartment at once deluged.

As Bishop Stanley says, the tit tribe might be called our minor jackdaws, so pert and bustling, never at rest, always prying about, peering into every chink and cranny, and even in their breeding season—when most birds retire to more unfrequented haunts—still lurking about our homesteads and building their odd little nests in the oddest situations.

The coletit is a peculiar specimen of the tit, and is peculiarly remarked for its storing propensities. In a wild state it is their habit to make provision for the winter by collecting and concealing seeds, nuts, &c., in crevices and between the bark and wood of trees. In confinement they do not forget this propensity. If in an aviary they will select an obscure corner, and there hide away as much seed as the magazine will hold, guarding it with jealous care, and occasionally overhauling it to see that none has been removed. Even when by itself in a cage it will empty the seed-box and pile the seed in a corner, covering it over with whatever it can scrape together. That it means to put by for a rainy day was clear from the narrator's experience. Hearing that a friend had a coletit that was addicted to concealing the contents of its seed-box, he persuaded him not to replenish it for a day or two. The result was that the tit sat for a long time regarding his empty glass, and then, seeming to think that hard times had come, he uncovered his magazine, made a scanty meal, and covered it again. For three days he was left to himself, and such was his economy that at the end of that time he had not consumed more than he did in one day in times of plenty.

Respecting this tit's eccentric notions of an eligible building site, a pair of these birds built their nest in the upper part of an old pump, fixing it on the piece on which the handle worked. While building and laying the eggs the pump was not used, and when again the pump was set going the female did not move. The young brood were safely hatched, without any other loss than that of the tail of the sitting bird, which was rubbed off with the friction of the pump-handle. Bishop Stanley tells us of another pair of titmice who fixed on a frightful spot for their nest—the skeleton-mouth of a man hung in chains for murder.

(To be Continued.)

## WOMAN IN THE HOUSEHOLD.

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### EMBROIDERED APRONS.

Tennis aprons and pouches are made of linen embroidered with raquets and other devices in crewel. Quaint aprons are made of a simple device in crash, with borders of Russian work in red or blue embroidered cotton. Fish-wife aprons of pongee are embroidered in silk or crewel, and tied with satin ribbons round the waist. Knitting aprons, with pockets for the balls, are made of crash, having in antique text the motto, "Tossed and re-tossed, the ball incessant flies."

### BAGS.

Reticules and bon-bon bags are made of satin, white cream, buff, crimson, pink, blue and pink and black, and are tied with satin drawing-strings. These may be painted in gouache colours, or embroidered in filoselle, and should have rather broad satin drawing-strings. A bag of cream satin has a single peacock's feather embroidered on the side. Another is painted with a tuft of violets of a pale violet shade. Daisy, clover, cyclamen, primrose, buttercup, and dandelion serve as designs for this purpose.

### SACHETS PAINTED AND EMBROIDERED.

Sachets—always to be seen in displays of needlework—afford scope for great varieties in colour and shape. French workwomen are especially expert in the production of these dainty nothings, a few of which we describe.

A black satin sachet, painted in gouache, with an exquisite Watteau scene, combining the usual shepherdess with dove and crooks and roses, is edged with a cord of heavy black chenille and gold.

A sachet of grey silk canvas is ornamented with drawn work and embroideries in gold thread, lined with grey quilted silk, and tied

with bows of grey satin ribbon. A quilling of grey satin ribbon, with a fine gold cord surrounds it.

A white satin sachet, lined with blue, has a wreath of embroidered forget-me-nots around the name in the centre.

A white silk sachet is painted in gouache, with sprays of white lilacs. This, edged with the Valenciennes lace, is made of the heaviest gros grain, and is suitable for a bridal present.

Sachets vary in size from the sachets intended to hold handkerchiefs to the long ones—very long ones, meant to contain sixteen buttoned or mousquetaire gloves. These, worked upon linen with crewels and lined with silk, are as useful as they are pretty. For these such designs as merry, glossy, yellow jasmine, myrtles, clematis, and apple blossom are appropriate.

### LIBRARY TABLE-COVER.

A table-cover of crimson cloth is edged with a heavy bullion fringe of the same shade. Near the edge is inserted a band of crimson plush, worked closely, with an arabesque of gold-coloured silk.

### MANTEL LAMBREQUIN IN TRANSFER WORK.

The embroidery on Cretan or Turkish towels, so much used now for tidies, may be transformed to a maroon plush or sage-green velvet, and embroidered down with line-stitch in coloured filoselle. A mantel lambrequin, done in this way, may have irregular shelves of ebonised wood, backed by the same plush set above it, making a cabinet to contain all one's choicest bits of Dresden china, miniatures, and old Satsuma ware.

### CANDLE-STAND COVER.

This is made of a square olive momie cloth, edged with tufted crewel fringe or border formed of alternate squares of old gold and olive sateen, joined like patchwork, is wrought with sprays of blue periwinkle flowers, foliage forming a vine. The same flowers are scattered here and there upon the centre table. This cover may be made of any size, and is very pretty when complete.

### WICKER SWAYING CHAIR.

A wicker chair has been fitted up with felting of dead leaf colour, embroidered with flaring scarlet poppies, and held in place by knots of scarlet satin ribbon.

### TEA-CLOTH FOR NURSERY.

A square of white linen is bordered with a three-inch band of fine twilled turkey red, edged with a knitted fringe in white cotton the width of the border.

Upon the cloth is worked in grey filoselle an outlined stone wall, over which peep merry children's heads, after Kate Greenaway's illustrations. The design runs all round the border of the cloth, the four corners intersected by representations, in black filoselle, of an iron grated gate, where behind the bars other little figures are seen courtesying and peeping mischievously out.

### WASTE PAPER-BASKET OF WAKEFIELD RATTAN.

A basket of Wakefield rattan, of a tubular shape, has around it a band of fine silk, worked with a vine of crimson trumpet-creeper. The upper end of this band has a strip of crimson plush, the lower one of blue plush, finished with a fringe of soft crimson chenille, knotted with old gold silk.

Where the band is joined round the basket the seam is concealed by bows of satin ribbon in the three shades of crimson, blue, and gold.

### BANNER SCREEN WITH OWLS IN COUNCIL.

Where it is desirable to relieve the eye from constant contemplation of bright hues and warm fabrics, a banner screen may be embroidered upon stout grey silk, with a design of three weird little owls holding council upon a leafless bough. A crescent moon in silver reigns in the firmament above, and the clouds are mere gilt-edged suggestions, after the fashion of the Japanese.

### BRACKET FOR A VASE.

A square bracket in ebonised wood has an oblong drape of maize-coloured silk, edged with crimson velvet, and embroidered with red and white and hovering butterflies.

\*See article to follow Cage Birds, on the Aviary.



## SOFA CUSHIONS IN MATELASSÉ.

To make a showy sofa cushion-cover with a little labour, use white matelassé canvas of Madeira yellow cloth. Upon this make geometrical designs of many-coloured bits of cloth, velvet, and silk, working them down in pink russe with all the remnants of silk and crewel accumulating in one's basket for many months. The effect of this kaleidoscope of colours is very good.

## GILT WICKER BASKET.

A square gilt wicker-work basket has the four upper corners decorated with triangular pieces of garnet silk plush or velvet, worked in cross-stitch in gold silk on canvas, the threads afterwards withdrawn.

Add a tasselled fringe of silk and crewel, and line with silk or worsted stuff. A quilting of garnet satin ribbon, with cord of old gold and garnet silk in the centre, finishes the top.

## PURSE WORK-BAGS.

Crewel-bags are made of three lengths of yellow, ruby, and peacock-blue serge or flannel, joined together in purse fashion, with slits for the opening. The ends are caught with tassels in silk or wool, and the centre is confined by brass, ebonised cherry, oak, or ash curtain-rings of a large size.

## CRIB-BLANKETS.

A pattern of which no one seems to tire for a baby's blanket is the soft, fine downy lambs'-wool square, bound with blue ribbon, and worked with the well-known group of Sir Joshua Reynolds' cherub heads in cotton with blue silk.

## BABY'S CARRIAGE OUTFIT.

This cover was made of fine cheese cloth, lined with blue silk, and fringed with blue crewel. In each corner was worked a spray of briar roses mingled with forget-me-nots. A monogram, in the centre, was surrounded by a graceful wreath of the same flowers, worked in silk and crewel. A parasol in cheese cloth, trimmed with Cluny lace, was embroidered to go with the cover and lined with blue. The pretty carriage these articles were to accompany was made of rattan.

## BONNET BASKETS.

In some English country houses a bonnet-box is found in the bedroom assigned to a guest. A flat wicker basket, with a cover large enough to contain two or three bonnets or hats in ordinary use, may be lined with blue or pink diagonal silesia, the edge and top interlaced with ribbon to match, which is tied in bows with a design of daisies embroidered in the centre, can be made to embellish the lid if desired.

## DRESSING-ROOM CLOTHES' BASKET.

A small hamper for used linen may be trimmed with the bands of crash, worked in crewel, and finished with quillings or worsted braid.

## SHOE BAGS AND BOXES.

These bags, after the model of the old-fashioned ones of holland, stitched in compartments, may be rendered a little more ornamental by using crash, lined with Turkey red, and bound with scarlet worsted braid. Upon each pocket is worked a spray of carnations in crewel.

Shoe boxes, sometimes preferred, may be made of a pine box, neatly lined with Turkey red, with crash for lid and sides made for cross-stitch with crewels, and tacked on the edges, finished with narrow black velvet, and recrossed with gilt-headed nails.

## PIN CUSHIONS.

Small squares and circles of fine linen cambric, exquisitely worked with sprays of different flowers, such as myosotis, yellow jasmine, daisies, and trimmed with inserting and border of Valenciennes. These laid upon the square or round satin pin cushions, trimmed with quilled satin ribbons of the colour indicated by the flowers, were destined for the guest room of a country house.

Squares of guipure d'art are always effective upon silk or satin cushions, although not so new.

The small cushions of Japanese crêpe, shaped and painted to represent fishes and birds, are good for use in a bachelor's bedroom.

Pin-cushion covered in cheese cloth, embroidered and trimmed with lace, wash well and keep their looks.

## TOILET COVERS.

For the oak or ash bureau of a gentleman's room, a strip of plush, hanging down on either side, and trimmed with knitted fringe, looks well but should be serviceable; it should have a protecting strip of linen, bordered with chain work, or decked with Holbein embroidery in coloured cottons, on which the brushes may be laid.

## THE DUCHESSE DRESSING TABLE.

We cannot bear the toilet table encircled with a muslin petticoat, stiffened by a crinoline of blue or pink calico, which represents a milliner's notion of pretty, and nothing more, but there will be no change in this while feminine taste dictates the arrangement of a dressing-room.

Dear to a woman's heart is the convenient little duchesse, always clean and fresh and dainty, with its snowy draperies. Add to this her obstinate conviction that nowhere else can she so comfortably tie her hair, as when worshipping in a low chair before the entrancing shrine.

A duchesse table was made by covering a common pin stand with pink silesia, and putting over that a flounce of fine cheese cloth, embroidered in crewel with the brown stems, green leaves and pink blossoms of the wild roses, in a graceful vine.

A linen strip or scarf, hemstitched, in squares, worked with detached roses, leaves, and buds, and fringed at either end, lay across the top.

One of the small old-fashioned dressing glasses, with brass mountings and three drawers, was set upon the cover, and over the mirror hung bent wire, a cheese cloth drapery, lined with pink, edged with lace, and embroidered with roses, like the flounce. A lace pin-cushion in pink, two brass dragon candlesticks with pink wax candles and farbeches, ivory brushes, and cut-glass bottles, completed the fitting up of this pretty bit of furniture.

The duchesse table is often covered with chintz or cretonne, with fluted ruffles to match the curtains, and other bedroom draperies. When made of a large dotted muslin over pink or blue cambric, and trimmed with cotton lace, the draperies may be washed repeatedly, and yet always add a certain freshness to the room.

In many English and American houses, the "Duchesse" is now used without mirror draperies, and is placed in a window for convenience of full light upon the toilet. In this case the mirror frame may be carved or ornamented, or with muslin twisted round.

The glass is sometimes removed, the frame covered with blue or pink, the mirror puffed over it, and the mirror is then restored to its place.

## MIDNIGHT VIGILS.

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When sleep forsakes you at night and you find that you cannot woo the sleeping god, even though you have counted five hundred backward and forward, and have tossed about on the pillows like a ship in a sea of restlessness, do you ever rise from your bed, take a seat at the window and give yourself up to thought?

You think it is so hard to be deprived of a few hours' sleep, and you are inclined to think that no lot in life could be harder than you are then enduring. Your eyes wander to that light in the upper chamber of the opposite house and you then know there is a harder lot than yours, you know that, for more than a week, the persons in that room have had neither rest nor sleep. The one being racked with pain that seems as if naught but death could soothe—the other, a true and tender-hearted wife, watches by her husband's side night and day, and well and faithfully does she keep her vigil. The eyelids may feel heavy but they never close for long; the hours may seem long and irksome but they will seem longer still when life has departed from the one whom she watches. When you think of this, does your sleepless night seem as hard to bear?

Over there, in the next street, among the low tenements, are other sleepless souls, working far into the night and not ceasing stitching until the morning light shall illumine the heavens. It is a struggle in the dark that is going on there, for the little candle gives but feeble light. It is a struggle with poverty, and one could scarcely have a worse antagonist. Those eyes would in-

deed close, and the weary brain would go wandering into dreamland where cares would be forgotten, weariness unknown, and work an unremembered thing, if they could do so; but every moment passed in sleep is so much money out of their income—the income of these midnight toilers. It is not one night a week that they must keep from slumbering. It is several nights, while we, inconsistent and peevish beings, complain if we lose but a few hours' rest and never think of those to whom day and night are almost the same.

At the corner of the street is a sad sight. A young man, well dressed, in an inebriated condition, is leaning against a lamp-post, gesticulating to an imaginary audience. It might strike you as being a comic scene, but I cannot discover the humorous side to it. I seem to know there is some mother wearily waiting, watching, and praying for that son's return, for, though lost to himself, and of no benefit to the world in his present condition, he is dear to her. Poor mother! her watching will be in vain, for the sturdy watchman has taken him in charge and will give him lodgings in a far less comfortable place than home. There will be another burden for that mother to bear when her vigil is over, for she will learn where her son was taken to. There are many mothers over this land who have these same kind of thorns in their crowns to wear, and when I have a sleepless night I think of them, and I thank heaven that my wakefulness is not from such a cause as theirs.

The very night that we sit at our window may be the last one on earth of the condemned murderer. Can there be rest or sleep for him on this night? Do you suppose life ever seemed so dear to him? He has taken away life and he knows that his life must be taken from him to pay the penalty. While we are waiting and wishing for the dawn of day to come, and thinking the hours so long, this condemned man wishes the dawn would never come, and he thinks that moments never went so swiftly before. The morrow that is to bring rest to us will carry despair to him, for it will take him nearer to eternity. Who would want to pass such a night of torture and suffering as does the murderer on his last one on earth?

Still the lights burn in chambers, parlours, and cellars. The student is at his books endeavouring to solve knotty problems that are to be a benefit to the world, and the thought of that makes his headache less severe—his brain less weary. The actor is conning over the new character he is to assume, for his ambition to be perfect in all he undertakes spurs him on, and he is willing to lose rest and sleep so he may ascend to the topmost round of the ladder and be an honour to his profession.

So you perceive, we are not the *only* ones who are sleepless—that toils, cares and sorrows keep others awake. When we think over these things, and call to mind how much worse off other persons are than we, perhaps our sleepless night has been a benefit to us after all.

## DON'T FORGET,

—:0:—

THAT anxiety is easier to bear than sorrow.

That talent is sometimes hid in napkins, and audacity never.

That good brains are often kept in a poor looking vessel.

That the time to bury a hatchet is before blood is found upon it.

That mistakes are often bought at a big price and sold at a small one.

That if it were not for emergencies, but little progress would be made in the world.

That it is often better to go a good way round than to take a short cut across lots.

That the statement so often made in print that "rest makes rust," is the veriest rot.

That tears shed upon a coffin will not blot out the stains that may have been cast in life upon the stilled heart within it.

That many a man sets up a carriage only to find less of enjoyment in it than he has had in holding the ribbons from his "one-hoss shay."

That if we would do more for others while we may, we should have less regrets, when too late, that more had not been done when "it might have been."



# Fireside Novelettes.

—:O:—

## A PARTY OF FOUR.

FROM THE GERMAN OF ERNST  
ECKSTEIN.

—:O:—

"You talk such nonsense again to-day, my dear Otto! If you would have one understand you, you must express yourself a little more clearly."

"But, my dear cousin, he——"

"He! Who is he?"

"No matter about his name. My only object in taking you into my confidence——"

"You call this taking me into your confidence! You know that I am your friend. Your peculiar frame of mind astonishes me. What do you contemplate? Drop the mysterious and tell me. You know you can count on my assistance, if I have it in my power to serve you."

"Assistance? No! All you do for me is, in case anything should happen to me, to console my mother for the loss of her only son."

"Are you mad?"

"Unfortunately, no! One of us must give way to the other; either he or I! Do you think a man of honour and courage can look calmly on and see a shameless intriguer rob him of his betrothed? Fate must decide between us."

"You are betrothed? This is the first I have heard of it. And may I be allowed to inquire who the lady is?"

"So long as she is promised to another, her name shall not pass my lips."

"Otto, I fear you see the situation in a false light."

"How so?"

"Reflect. A lady who has broken faith with you, who gives a rival the preference——"

"Oh, I understand. But such is not the real state of the case. Were she the mistress of her own acts the fellow's intrigues would have been fruitless. She is the victim of a calculating mother, and is as unhappy as I am; but, being only a young girl, she must tamely and silently submit."

"And who is her fiancé?"

"I have no mind to go into particulars. You will, I am sure, do what you can to console my mother, should Fate decide against me."

"Otto, how can you talk so foolishly? Take a little time for reflection, I entreat!"

"I have reflected sufficiently."

"Impossible, or you would talk more sensibly. You are on the point of committing a great crime."

Otto shrugged his shoulders.

"Indeed, the course you contemplate is thoroughly senseless, since it cannot prove other than fruitless."

"Fruitless?"

"Certainly, my dear Otto. Let us look at the matter dispassionately—from a practical stand-point. If you are killed——"

"Then this swindle called existence will end for good and all."

"Promptly but not very logically answered. I have always thought that love-sick souls preferred this side of the 'Dark River,' as

long, at least, as the objects of their affections remained."

"What! Though they be for ever separated?"

"Tut, tut! so talk the faint-hearted."

"We have done everything in our power."

"Who knows? But let us see; if you are killed, you will cause your friends, and above all your lady-love, untold grief, and will clearly fail to attain the desired end. Can you deny this simple truth?"

"I will not try to, but——"

"Very well. Thesis one is admitted. Now let us consider point number two. Suppose you kill your rival; what will be the consequence?"

Otto's eyeshine with an unwonted lustre, and around the corners of his mouth played a triumphant smile.

"What the consequence will be! If I kill him his presumption will be punished as it deserves, and the lady——"

"Will never be your wife."

"That will remain to be seen."

"Otto, do not deceive yourself. If you till now have not been able to accomplish what you so ardently desire, how can you hope, after a catastrophe so bloody——"



"ALLOW ME, MADAME, TO INTRODUCE TO YOU THE SON OF ONE OF MY DEAREST FRIENDS."

"Oh, then I will resort to other measures. If the despotic mother persist in opposing our wishes, I will throw consideration to the dogs. If need be, I am determined to resort to abduction."

"That sounds romantic enough, but I doubt whether your lady-love will consent. While I have no reason to doubt that the lady is clever, I will venture the opinion that she has not sufficient energy to consent to your resorting to such extreme measures. If maternal authority has been able to make her accept a man she does not want, the dutiful child will allow herself to be still further tyrannised over. One does not emancipate one's self in a night."

Otto looked down, and kept silent.

"If, however, I am in error," continued his interlocutor, "why, then, I would suggest that you carry the girl off at once. Such a course would spare us the tragedy, and—who knows?—perhaps the expense of burying you."

"A good suggestion, certainly; but, before an opportunity to act upon it presents itself, she may be forced to wed. It is a question of only a few weeks."

"A few weeks! Time enough to conquer a kingdom. Listen! Look at me! Promise

to wait patiently—to let things have their course at least a week——"

"Why?"

"To please me. During that time some better plan than any that has thus far occurred to you will suggest itself. Or, better still—will you not take me entirely into your confidence?"

"Ah! what would I not do if I could only see——"

"At all events, it will not injure your cause for us, at some convenient time, to thoroughly discuss it."

"Certainly not, but——"

"I'll tell you; come to me to-morrow between four and five o'clock, and we will see further. But, till then, remember, no 'rash and bloody deeds.'"

"Never fear. At half-past four, precisely, I will be at your house. *Apropos*, do you dance?"

"No."

"If you did, I should have begged you to favour me with your hand for the next set."

"You are very kind. Devote yourself rather to the young girls, and remember, no more of killing. *Beaucoup de plaisir et—au revoir!*"

The young officer rose, kissed the lady's hand, and disappeared in the crowd.

Immediatly thereafter an aged gentleman, whom the lady was wont to characterise as the "interminable professor," presented himself. He was accompanied by a gentleman of a commanding figure, apparently about thirty years old.

"Allow me, madame, to introduce to you the son of one of my dearest friends—Dr. Leopold Winther, of Rodenstadt—Frau von Ustendorff."

Louise started slightly, and her colour heightened visibly. The young man, too, seemed greatly surprised.

"Is it possible?" he cried, bowing low. "Fraulein Louise von Gerhard!"

"Ah! you know each other?"

"We are from the same neighbourhood, Professor," answered Leopold.

"When you spoke to me of the charming Frau von Ustendorff, I did not

dream that——"

"Ah, I see, I see! An unexpected rencontre—quite romantic! Then you are old friends. Well, I will not disturb your *tête-à-tête*."

"Oh, but you will not disturb us, Professor."

"I fear I should—you will excuse me."

And, with a low bow, he left the two old acquaintances to themselves.

Leopold was the first to break silence,

"Mein Fräulein—gnädige Frau I should say—Heavens, how strange that sounds!"

Louise smiled.

"Well, when one suddenly and unexpectedly meets a lady whom he has always known as Fräulein von So-and-so, and finds her a Frau von So-and-so—you yourself must admit, madame——"

"Bah! so goes the world, Herr—Doctor. You, too, have changed titles since I had the pleasure of seeing you."

"How long is it since we met at the fancy-dress ball given by your little friend, Henriette?"

"Six—yes, seven years."

"You know that Henriette has been married for some years?"

"I have supposed so. She was at that



time betrothed. We long since ceased to correspond."

"And at that time she numbered you among her best friends."

"Out of sight, out of mind. The fault is hers. Is she happy with her Reinhold?"

"What Reinhold? She married a Berlin banker, and poor Reinhold, in his despair, went to America."

"The fool!"

"Strange that you should lose all trace of the most intimate friend of your girlhood, and in so short a time, too."

"But how do you chance to know so much about her?"

"My sister has always kept me advised of the principal events that occurred in our neighbourhood."

"Oh, I see! In that case it is strange that the name Ustendorff should be wholly unknown to you."

"Not at all."

"No? and why not, if I may ask?"

"Because she—she did not mention it, in obedience to my request."

"Worse and worse! Do you know, my dear Doctor, that you are very, very ungallant."

"You misinterpret."

"No, no! I often used to feel that with me the tone of your conversation was, to say the least, very peculiar. You—but pardon me for recalling what should, perhaps, long since have been forgotten."

"Madame, indeed you wholly misunderstand me."

"Oh, I only jested."

"But your jest was deeply serious at bottom. You say you often felt that my manner toward you was peculiar—that you did not understand me. I, too, on my part, was equally incapable of accounting for your manner toward me."

"Indeed!"

"If I was sometimes—involuntarily, perhaps—abrupt and ironical, it was because I—because I was convinced that you, from some cause or other, had taken a serious dislike to me."

Louise's face reddened to the temples.

"You were in error," she replied, forcing a faint smile. "I saw that you could be very agreeable when you—chose to be; and—"

She hesitated.

"And—? Pray proceed."

"And it angered me to see that you never chose to be when you were with me."

"Madame," said Leopold, in an earnest tone, "may I be frank with you?"

"Why not? Go on."

"You are married, I am betrothed—there is no reason, therefore, why we should not be entirely unconstrained. I told you just now that my sister omitted mentioning you in her letters in obedience to my wishes."

"Which seemed to me anything but flattering."

"But you were ignorant of the reason."

"True, and I am curious to learn it."

"I loved you."

Louise laughed.

"Time has not changed you for the better, I see," said she. "I think you expressed yourself once in this sense to Henriette—a jest which I found it hard to excuse."

"But I assure you, madame—"

"Oh, no protestations, I beg. When Henriette told me, she amused herself at my expense till I lost all patience, and became seriously angry with her."

"The little serpent! What did she tell you?"

"How can you suppose I remember?"

"Try."

"Oh, it does not matter now."

"But it does matter. What did she say to you?"

"Well, if I remember rightly, she began by congratulating me on my brilliant conquest. I did not understand her. 'He has just confessed to me,' she whispered. 'He adores you, and is going to sing your praises, as Chloe, in all the magazines in the land.' And then she laughed so immoderately that I lost all patience with her and you too—indeed, I think I wept with anger."

Leopold looked down for a moment, apparently absorbed in thought, then he fixed his eyes full upon Frau von Ustendorff, and said—

"That was either an unparalleled indiscretion or a wilful falsehood. I took her into my confidence and begged her to help me—the little wretch!"

"It is better we should talk of something else."

"No, no! now that we are on the subject, I insist on convincing you. By all the gods, madame, I had never been before, nor have I been since, so much in love as I was at that time with you!"

"Indeed?"

"Far, far more than at present with my betrothed."

"Ha, that's naïve, truly. The poor girl!"

"I simply state a fact that is easily explained."

"Easily explained? Are you going to say something flattering? Let me assure you in advance that I am very unsusceptible."

"A comparison was far from my thought, madame. The Louise von Gerhard whom I once knew was so very different from my quiet little Emma, that a comparison would be impossible. But at thirty one loves more rationally than at twenty."

"More rationally? It was certainly very irrational to see anything lovable in Louise."

"You are certainly very clever at misconstructions. I mean to say that the heart, at thirty, is no longer capable of that glowing, self-forgetting, superabundant love, which throws gladness or gloom over life's early spring."

"What do you call glowing, self-forgetting, superabundant? If you truly love your Emma, then these three predicates are as applicable now as when you were younger."

"I do not think so. At my age, a man has already passed the period of sweet illusions. My blood now courses so calmly, so coldly if you will, through my veins, that I can speak of my first love as I would of any other episode in my past life, and I thank Heaven that I can."

Louise looked thoughtfully at the brilliant assemblage in the hall before her, and played mechanically with her ivory fan.

"You are betrothed, you tell me," said she, after a while. "Would you think me inquisitive if I inquired who your fiancée is and what she is like?"

"Certainly not. She is the only daughter of the widowed Hofrätin Fabricius, eighteen years old, blond, rosy, and rather slight, speaks French, and plays passably well, and is very modest and sweet-tempered."

"What more could you desire? Allow me to congratulate you."

"Thank you. You do not know the family?"

"To my regret."

"If you did, I would have inquired with regard to certain details. My knowledge of them extends little beyond knowing that Emma is a well-bred lovable girl, and that Mamma Fabricius is a lady who—possesses marvelous aptitude for discharging the duties of mother-in-law."

"So little do the position and circumstances of the family you are about to marry into concern you?"

"Que voulez-vous, madame? It is to-day just three weeks since I came here, and nine days that I have been betrothed—"

"Is your happiness so young?"

"Not an hour older. At thirty, one has neither the time nor the inclination to spin love romances. I saw my betrothed in a little private company; she pleased me; I seemed, at least, not to displease her, and I decided then and there—"

"Eh, eh! that's what some people would call precipitate."

"In such matters, madame, I think I am safe in trusting to first impressions. The extreme mildness of Emma's manner charmed me. I said to myself—'This innocent child is exactly suited to you; she will seek neither to tyrannize over you nor to deceive you,' and then I was heartily tired of the gipsy-life I have led for these half-dozen years. I know half of Europe and a good slice of Asia and Africa."

"If I remember rightly, you are quite a large landowner."

"Yes, but till now I have occupied myself as little with the management of my estates as an Esquimaux with aesthetics. From the time I left home and all that was dear to me, I roamed

restlessly from place to place, always with the image of a cold, ironical, and yet surpassingly-lovely woman in my heart. This phantom, that followed me from Rome to Cairo, from St. Petersburg to Nijni-Novgorod, from the Tagus to the Euphrates, this sweet, radiant phantom was you, madame."

"Did you penetrate as far into the interior as the Euphrates?" stammered Louise.

"Farther. Oh, one travels fast when one seeks to escape from recollection. Thank Heaven! in course of time I became sensible—I forgot the lovely demon who drove me hence. I learned to look upon life as it is, and in my happier and more rational moments I laughed at my delicious simplicity."

"Is—is the Euphrates a fine stream?"

"So—so. When I wandered up and down its banks, I was in no mood to enjoy or appreciate the beautiful. It was only six months after that memorable fancy-dress ball. The wound was still fresh, madame."

"You talk as though I had wronged you. Heaven knows, how deeply! Then your fiancée's name is Emma Fabricius? Why is she not here?"

"Mamma did not think she had better come. She is very busy with her outfit. Half-a-dozen seamstresses surround her from early till late."

"Is the wedding to take place so soon?"

"In four or five weeks, I believe. Mamma Fabricius fixes the time. I have given her *plein pouvoir*."

"Then we shall not have the pleasure of seeing the gentle Emma before the wedding?"

"I fear not."

"I'm sorry."

"She seems to interest you."

"Very much."

"H'm! I'll tell you how we can compass it. Go with me to-morrow to the villa—that's what Mamma Fabricius calls her modest little country-house."

"What are you thinking of?"

"Of taking you to see Mamma Fabricius and her charming daughter."

"A strange proposition, truly!"

"Strange? I don't see that it is. We'll take along a duenna, if necessary."

"I'm duenna enough myself, but—"

"Well, then, do me the favour—the first I ever asked of you."

"But what would the people at the villa say—an entire stranger and a lady—?"

"A stranger! I will present you as a friend of my boyhood, as my cousin, as my sister, if you like. Mamma will receive you with open arms. You will compliment Emma on her taste in selecting ribbons and stuffs; and the treaty of amity will be sealed. Do you consent?"

"Well, since you insist, yes. You see that, despite my six-and-twenty years, I am still ready for a lark."

"Agreed, then. I will come for you to-morrow at half-past nine. *Nota bene*. But how remiss I have been! I have not made a single inquiry after Herr von Ustendorff. I shall be most happy to make his acquaintance."

Louise hesitated a moment, and then replied—

"Herr von Ustendorff is dead."

"Dead! You are a widow?"

"He fell at Sadowa."

At this moment the professor approached, and the conversation very naturally took another turn. Leopold took part in it as well as he could; but when, after a few minutes, the signal was given for a polonaise, he bowed silently and went into the hall. But in what a strange frame of mind he was! He sought to fix his attention on this and that, but all to no purpose. Ever and again he caught himself running off into a reverie, and, before he knew it, found himself leaning against a marble mantel opposite where Louise, with the professor and two or three other gentlemen, was engaged in an animated conversation.

(To be Continued.)

SOILED white fur can be nicely cleaned by rubbing it thoroughly in white flour. It should then be hung out of doors for half an hour. Repeat the process several times, and the fur will be equal to new.

TOBACCONISTS.—"How to Commence (126 pages) from £20 to £2000," 3d.—103, Euston Road, London.



## HEALTHY AND COMFORTABLE HOMES.

—10:—

If you want a new house rapidly dried you must not only light fires but open windows. Sometimes people think this ought not to be done, because the cold air would be let in, forgetting that fresh quantities are required, which must be renewed as each becomes charged with moisture. Although the walls of a house must not be impervious to air, there is a great advantage in having a damp proof course about a foot or so above the ground. Various contrivances are used by architects, as a course of slate bedded in cement, sheet lead, a layer of hot asphalt, and bitumen filled with sand. The best article is said to be vitrified stone ware tile  $1\frac{1}{2}$  or 2 inches thick, and perforated so as to ventilate the space between the joists of the floor, and prevent dry rot. These various devices prevent the damp rising.

When the walls of a house are thoroughly dried so that their pores instead of being filled with water are filled with air, the moisture which is given off from the lungs and the skin of its inhabitants, and that produced by various domestic occupations, as washing, cooking, &c., escapes into the outer air, partly carried off by ventilation and in part absorbed by the walls, and passed gradually through them. In order that the latter part of the process may go on, it is necessary that the porosity of the wall shall not be destroyed by any impervious covering such as oil paint, or gloss paint, or by its pores being already filled with water.

New houses are more apt to show damp spots on the plaster or on the paper than old ones, because the walls are not thoroughly dry; the building water has not thoroughly been got rid of. The damp wall absorbs more heat than dry, and people sitting near will often think there is a draught from the wall, whereas it is loss of heat from their own bodies by radiation to the wall that they feel.

Draughty houses are as nearly productive of evil as damp houses. Ordinary colds, the precise nature of which has not been solved, come chiefly at the changes in the seasons, variations in the air, but, above all, from draughts—that is to say, air passing suddenly across the body. Very many serious diseases come from this—first cold, then disturbance of the lungs, kidneys, &c., ending probably in pulmonary consumption. Dark and gloomy houses are extremely injurious to health, hence the criminal folly of the window tax in the good old times.

All the above evils are, as it were, summarised in an extract from Dr. Southworth's speech delivered at a meeting to collect money for the widow of one of the martyrs of sanitation, Dr. Lynch.

"Last week I was called to see a sick person in a close court in one of the narrow streets in Rosemary-lane, Whitechapel. The heat of the day was oppressive; the air was almost stagnant; the room was so dark in broad daylight I was obliged to have a candle to see the patient; the closeness and stench of the room gave me the instant feeling of sickness. The patient was lying with a parched tongue in a burning fever. When leaving the house I was implored by a woman in the same court to see her husband, and next by a mother to see her child. The air of the sick chambers in each case was the same. Think of what it must be to pass a night in such an atmosphere—a night of fever! I left the place with a feeling that I should be ill, and I was glad when a few days had passed over that I might be assured I had not myself caught the disease."

There is another consideration with regard to houses, and that is the free circulation of air round the dwelling. In country districts and in villages this is much more possible than in large towns, where land becomes of enormous value, and where the object of the builder is often to pack his houses as close together as possible. Houses in towns are almost all built in streets, but if there were nothing to prevent the air from playing freely on the front and back of the dwelling, so as to allow a current of air to pass through the house by doors and windows, no great amount of mischief would ensue.

In towns, however, and even in the country, back to back houses are too often found, where there is no communication through from the front

to the back; the house is one room in depth only, and a partition wall divides the tenement in two from top to bottom. Ventilation is impossible, and these houses are always unhealthy.

There should always be a fair distance from the houses of a street and the one parallel with it. But too often there will be the smallest possible yards, with dustbins and other nuisances close to the houses, then a long narrow passage just sufficient to afford access to the scavenger, and along which few but the scavenger would think it pleasant to pass. Then we find labyrinths of crowded hovels, the haunts and hiding-places of vice, poverty, and crime. Never live near these.

The air we breathe is more important than the food we eat.

Having done all in your power to prevent pollution of the air in your houses, we must take care that the house is not made poisonous from defective drainage and the entrance of sewer gas from below. The sewers are fondly believed, as a rule, to be so laid that a carefully regulated fall is preserved; the joints are supposed to be hermetically sealed, and everything in a state of theoretical perfection. Unfortunately it is not so; often instead of a fall there is a rise, and hence the formation of elongated receptacles—in fact, cesspools. This is true of mansions as well as in streets of small houses, witness the illness of the Prince of Wales at Marlborough House, where the drainage was found to be so bad that his family had to leave it.

In fact, the rich often suffer more than the poor; they have baths, sinks, and other modern conveniences in various parts of the house, all communicating with the drains, and so made in most cases as if devised to poison the household. Of late due importance has been given to the proper ventilation of drains, and to their being cut off from any direct connection with the interior of the house; still, much is wanting.

Every pipe, whether the overflow or waste pipe, from bath, sink, cistern, or what not, ought to be disconnected from the drain outside the house, and should fall into a gully open to the air; and in most cases a ventilating pipe should be carried from this point to the top of the house, and should open away from any window. See to all this yourself, or through a competent surveyor, and trust not to the most ingeniously devised trap. They are a delusion and a snare, and never "caught" anything.

If you perceive a bad smell in your house, never rest until you have discovered the cause. It may be from some unavoidable nuisance; but if your search fail, apply to the landlord. If he will do nothing, go to the sanitary inspector; and if this should bring down upon you your landlord's wrath, and he should turn you out, console yourself by thinking that it is better to be turned out of a house and live, than stop in it and die.

Let no room be less than nine feet in height, and, above all, beware of those pests of our large towns, the "jerry builders," who run up tenements in the suburbs in the slightest possible fashion, whose sole aim in building is cheapness, and the evasion of every regulation for the protection of unhappy tenants. These people, it is said, band together for the express purpose of impeding the sanitary authorities in carrying out the requirements of our Public Health Acts.

Never put fresh paper over old paper; the old paper and paste in time will be hurtful, and is apt to breed vermin. You should also know that many of the pretty cheap papers contain a large quantity of arsenic—not the green ones only, as is commonly supposed, but those of other colours also. This arsenic is so loosely adherent that it is being continually rubbed off as fine dust, and often produces great injury. In buying a paper, be careful then, and do not trust too much to the word of the seller, who may know no more about it than you do. He should have a warrant from the maker that it is free from arsenic. If the public insisted, as they ought to do, as to this the manufacturers would soon use colouring matters that are not deadly poisons.

Now comes the question of water. All living beings, animal and vegetable, need water as food, and all animal or vegetable substances when dried lose weight and shrink in bulk, some substances to a very great degree. For instance, lean beef, which we consider the type of solid food as we call it, contains between seventy and eighty parts of water in a hundred. So that we see water forms part of our tissues and organs, and by passing from the blood into the various

tissues and organs, and from these back into the blood, many of the most important processes of life are carried on.

No liquid whatever can be used by the body for the purposes we have named but water, and, indeed, most of those in ordinary use—as tea, coffee, beer, wine, spirits—are water mixed with other things which have to be separated from it before it can form part of our tissues.

Now water, which is absolutely essential for the existence of both animals and vegetables, has the property of dissolving and of carrying along with it very various substances, some of which are hurtful; thus illustrating the fact that there are few of our blessings which may not be changed into our deadly foes.

Everybody has heard of fatal epidemics all over the country of typhoid and other matters. In almost every case these calamities have been traced to bad water, contaminated by contact with sewage. No matter now healthy the locality, the temperance of the people, the salubrious character of the houses, typhoid fever came. At Guildford, at Winterton, in numerous other cases, the illness was clearly traced to bad water produced by contact with fever-giving materials.

The danger in houses is from defective drainage, when leakage takes place, when the water comes from a river into which sewers run.

Even when the water comes pure from the public waters, another danger presents itself. Water will take up a certain portion of mineral poisons as—*e.g.*, lead. This metal is, from its convenience, used for cisterns. The family of Louis Philippe, ex-king of France, suffered from lead poisoning when at Claremont, and on examination it was found that the amount of lead did not exceed one grain per gallon; and probably one-tenth or even less per gallon is sufficient to be dangerous.

The purer the water—that is, the freer it is from earthy salts, which impart hardness to it—the more easily does it become impregnated with the metal. Especial care must, therefore, be used, and lead cisterns must be avoided.

You must always remember, likewise, to allow the water that has been undisturbed in the lead pipes all night to run from the tap before drinking any of it in the morning or before filling the kettle, for boiling does not get rid of the lead or render it less hurtful, as it does, no doubt, some organic impurities.

Most persons in towns have only to go to the tap for water when they want it, but in some cases it has to be kept for a time. If so, never leave it in open vessels, for dust will fall into it, and it will absorb various substances from the air. To illustrate this I need only mention the common practice of putting buckets of water into a newly-painted room to take the smell of the paint away. It certainly does so to a great extent, and if the water is examined you will find that it soon smells strongly of the paint, showing how absorbent water is. Think, too, what is meant by the dust of an inhabited room. It is composed of minute particles—we were going to say of everything—but certainly of everything that can be rubbed off our clothing, and from the walls of the room and the furniture, and also from our bodies.

Keep it covered, then, not in metal vessels, nor in wood, but in glazed earthenware or stone-ware jars with lids to them. Empty these now and then and thoroughly cleanse them. Use iron vessels for cooking, and never have them repaired with lead solder, as the lead will poison the water to some extent. Supposing that the supply of town water has been stopped for a time, run a good deal of it off before using it, and see that it is bright and clear. This brightness is not always a proof of its purity, but all good water is bright and clear, so that if it be muddy or turbid you know it is not fit to drink.

Water should be free from all smell, and should have no definite taste. No matter how bright it is, filter it. Blocks of compressed charcoal form excellent filters. Even if the cost of one of these charcoal blocks is too great, try Dr. Parkes' suggestion. "Get a common flower-pot, cover the hole with a bit of zinc gauze or a bit of clean-washed flannel, which should be changed from time to time; wash some small gravel, and put this in to height of three inches; wash some white sand very clean and put two inches of that; then buy two pounds of animal charcoal, two or three times in boiling water. Put this over the sand, four inches thick, and



press down. Your filter is made. Pour in water and let it run into a large glass bottle."

Lastly, let cleanliness prevail. Soap and water, beeswax and turpentine, with plenty of scrubbing, not only made your grandmother's furniture shine like a mirror, but was an index of cleanliness everywhere, which made the cottage, as you entered by the honey-suckled porch, seem the abode of health and happiness, but of all things sweet and pleasant.

(To be Continued.)

## THE DOG.

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"An inhabitant of Dresden had a poodle," relates Edward Jesse, "and for some reason or other he gave it to a friend, a countryman, who lived three leagues from Dresden.

"This person, who well knew the attachment of the dog for her former master, took care to keep her tied up, and would not let her leave the house till he thought she had forgotten him.

"During this time the poodle had young ones, three in number, which she nourished with great affection, and appeared to have entirely given up her former uneasiness at her new abode.

"From this circumstance her owner thought she had quite forgotten her old master, and therefore no longer kept her a close prisoner. Very soon the poodle was missing, and also the three young ones, and nothing was heard of them for several days.

"One morning his friend came to him from Dresden, and informed him that on the preceding evening the poodle had come to his house with one of the puppies in her mouth, and that another had been found dead on the road.

"It appeared that the dog had started in the night, carrying the puppies (who were not able to walk), one after another a certain distance on the road to Dresden, with the evident intention of conveying them all to her beloved master.

"The third puppy was never found, but is supposed to have been carried off by some wild animal or bird while the poor mother was in advance with the others. The dead one had apparently perished from cold."

Frolic was a great favourite of his mistress—a cross, snappish fellow he was at best, and well he knew the length of Trusty, the house-dog's chain, who was never let loose by day, from fear that he might resent the constant insults he was doomed to bear.

Although time and overfeeding had soured his temper, Frolic still retained much of his former intelligence. One of his peculiarities was fondness for apples; not, indeed, all apples, but those which grew on a particular tree called "Frolic's Tree," and no others. This tree, by the way, was the best in the garden.

Nothing would entice him to eat any other apple, and in the season he would constantly urge his mistress into the garden by repeated barking and other unmistakable signs.

He would take fruit from no one but his mistress or her maid, but this feeding was generally a task of great trouble—such coaxing and humoring on the one hand, such growling and snarling on the other.

A shoeblack on the Pont Neuf, at Paris, had a poodle dog, whose sagacity brought no small profit to his master. If the dog saw a person with a well-polished boot go across the bridge, he contrived to dirty them by having first rolled in the mud of the Seine. His master was then employed to clean them.

An English gentleman, who had suffered more than once from having his boot dirtied by the dog, was at last induced to watch his proceedings, and thus discovered the trick he was playing for his master's benefit. He was so pleased at the animal's sagacity that he purchased him for a high price, and conveyed him to London. On arriving there he was conveyed to the house, until he appeared perfectly satisfied with his new master and his new situation. He at last, however, succeeded in escaping, and made his way back to Paris, where he rejoined his old master and resumed his old occupation.

During a recent investigation relative to the manner in which a policeman came by his death at Kingstown, a little active and inquisitive dog was seen from time to time during each day running in and out of the room, as if he took a personal interest in the inquiry. The dog was

admired, and a gentleman in the police-station was asked to whom it belonged. "Oh," he said, "don't you know him? We thought everyone knew Peeler, the dog of the police." Then the gentleman gave the following history of the singular dog.

It appeared from the story that Peeler tempted the canine appetite of a Mount St. Bernard, or Newfoundland dog, and was in peril of being swallowed up by him for a luncheon, when a policeman interposed, and with a blow from his baton knocked the assailant down, and rescued the victim. From that time Peeler had united his fortunes with that of the force. Wherever they went he followed—whether pacing with heavy tread the tedious beat or engaged in the energetic duty of arresting a disturber of the public peace. He became a self-constituted general superintendent of the police, visiting station after station, and after he had made his observations in one district taking its way to the next. He was frequently seen to enter a third-class carriage at the Kingstown Railway Station, get out at Black Rock, visit the police-station there, continue his tour of inspection to Portestown, reach there in time for the train as before, and go on to Dublin to take a peep at the metropolis, and, having satisfied himself that all was right, return by an early evening train to Kingstown. He sometimes took a dislike to an individual, and shunned him as anxiously as he would wag his tail at the approach, and frisk about the feet of another for whom he had regard.

There was one man in the force for whom he had an antipathy, and, seeing him in the train, he left the carriage and waited for the next, preferring the delay of half an hour to such company. His partiality for the police was extraordinary. Whenever he saw a man in the garb of a constable he expressed his pleasure by walking near him, rubbing against him, and dancing about him. Nor did he forget him in death, for he was at his post at the funeral of Daly, the policeman who was killed in Kingstown. He was able to recognise a few in plain clothes, but they must have been old friends of his. Wherever he went he got a crust, a piece of meat, a pat on the head, or a rub down upon his glossy back from the hand of a policeman, and he was as well known amongst the body as any man in it.

The long slender legs of the greyhound, with their whipcord-like muscles, its length of stride and rapidity of movement, its broad, deep chest, prove that it is capable of long-continued exertion. The principal use of this wonderful animal is to course the hare, and the only chance the hare has of escaping is turn and turn about. The greyhound having very long legs, cannot stop himself in his wild career all of a sudden, consequently the hare knowing this fact instinctively, turns suddenly aside, which he is enabled to do very quickly owing to having very short hinder legs. This gives the hare some very little chance of escape, and if he once succeeds in entering a wood the chase ends, for the greyhound only hunts by sight, and when he cannot see the object of which he is in pursuit he is quite at a loss.

Colonel Hutchinson says that in Persia and many parts of the East greyhounds are taught to assist the falcon in the capture of deer.

When brought within good view of a herd, the bird is down, and at the same moment the dog is slipped. The rapid sweep of the falcon soon carries him far in advance.

It is the falcon who makes the selection of the intended victim—which appears to be a matter of chance—and a properly trained falcon will give chase to none other, however temptingly close, the other animal may pass him.

The falcon is intended to aim at the head only of the gazelle, who soon becomes bewildered, sometimes receiving considerable injury from the quick stroke of its daring adversary. Before long the gazelle is overtaken by the greyhound.

It is not always easy to prevent the dog from injuring the bird, which is so intent upon its prey as utterly to disregard the approach of the hound.

Death would probably be the penalty adjudged to him for so heinous an offence, for a well-trained falcon is of great value. You can easily imagine that neither it nor the greyhound could be properly broken unless the instructor possessed much judgment and perseverance. The sport is very exciting, but the spectator must be well mounted and ride boldly who would closely

watch the swift, varying evolutions of the assailing party, and the sudden evasions of the helpless defendant.

The Scotch greyhound has a greater power of scent than the greyhound, and it is a great pity that it is becoming extinct, for it is no doubt one of the purest in existence.

The hair of the Irish greyhound is of pale fawn. It is of great size and very strongly built, but unfortunately is now rarely to be seen.

The Italian greyhound is a diminutive little creature, and requires the greatest care and attention. It is only notable for a lady's companion, and must not be allowed to go about uncovered in the winter months, as the cold weather will easily affect its lungs.

Richard II. possessed a greyhound when confined in the castle of Kent. Froissart says, in his quaint way: It was informed me King Richard had a greyhound called Math, who always waited upon the King, and would know no one else. For whenever the King did ride, he that kept the greyhound let him loose, and he would straight run to the King and fawn upon him, and leap with his four feet upon the King's shoulder. And as the King and the Earl of Derby talked together in the court, the greyhound, who was wont to leap upon the King, left the King and came to the Earl of Derby, Duke of Lancaster, and made to him the same friendly countenance. The Duke, not knowing the greyhound, demanded the King what the greyhound would do? "Cousin," quoth the King, "it is a great token for you and an evil sign for me."

"Sir, how know you that?" asked the Duke.

"I know it well," answered the King. "The greyhound maketh you cher this day as King of England, as you shall be, and I shall be dispossessed. The greyhound has this knowledge naturally, therefore take him to you. He will follow you and forsake me."

The Duke understood well these words, and cherished the greyhound, who would never after follow King Richard, but followed the Duke of Lancaster.

An officer named St. Ledger, who was imprisoned near Paris during the war of St. Bartholomew, wished to keep with him a greyhound that he had brought up, which was much attached to him. They harshly refused him the innocent pleasure, and sent away the greyhound to his house in the Rue des Lions, Saint Paul. The next day the dog returned alone to Vincennes, and began to bark under the windows of the tower where the officer was confined.

St. Ledger approached, looked through the bars, and was delighted again to see his faithful hound, who began to jump and play a thousand gambols to show his joy.

He threw a piece of bread to the animal, who eat it with great good will. In spite of the immense wall that separated them, they breakfasted together like two friends. This friendly visit was not the last.

Abandoned by his relations, who believed him dead, the unfortunate young man received the visits of his greyhound only during four years' confinement.

Whatever weather it might be, in spite of rain or snow, the faithful animal never failed for a single day to pay his accustomed visit. Six months after his release from prison St. Ledger died.

The faithful greyhound would no longer remain in the house, but, the day after the funeral, returned to the Castle of Vincennes, and it is supposed that he was actuated by a motive of gratitude. A jailor in the outer court had always shown great kindness to the dog, which was as handsome as affectionate.

Contrary to the custom of the people of that class, this man had been touched by his attachment and beauty, so that he facilitated his approach to see his master, and also ensured his safe retreat.

Penetrated with gratitude for this service, the greyhound remained the rest of his life near the benevolent jailor.

It was remarked that even while testifying his zeal and gratitude for his recent master, one could easily see that his heart was with the first.

Like those who, having lost a parent, a brother, or friend, come from afar to seek consolation by viewing the place which they inhabited, this affectionate animal repaired to the tower where St. Ledger had been imprisoned, and would contemplate for hours together the



gloomy window from which his beloved master had so often smiled upon him, and where they had so often breakfasted.

In 1854 a poor man was buried in the old cemetery of Greyfriars, in Edinburgh.

Amongst the numerous friends who followed the funeral cortege was the dead man's dog, whose attitude indicated his profound grief.

On the following day the gardener of the cemetery found the dog asleep on his master's grave, and drove him away; but every morning he found him at the same place.

At length the gardener took pity upon the poor beast, and gave him food; and Bobby, having won such a friend, never left his post again.

A sergeant of engineers provided his subsistence. At twelve, when the cannon from the citadel was fired, Bobby rushed to his dinner.

This lasted ten years.

About this time a tax was put on dogs. The faithful animal could not pay, but twenty people were witnesses to his devoted conduct, and proposed joining together to pay the money.

The Lord Provost, becoming aware of the fact, exempted the dog from taxation; and, wishing to show his esteem, made him a present of a magnificent collar, on which was written an explanatory inscription.

During fourteen years the dog remained at the tomb. He then died without ever consenting to follow any one.

A monument has been erected to his memory by the desire of the Baroness Burdett Coutts. It is a fountain, placed in the most frequented part of Edinburgh. This monument is seven feet high, and is surmounted by the statue of Bobby in bronze.

(To be Continued.)

## TEA AND COFFEE DYSPEPTICS.

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It has occurred also to the writer to make many observations as to the circumstances under which tea and coffee are found to agree or disagree with different persons; in the first place, as Sir W. Roberts has pointed out, tea, if taken at the same time as farinaceous food, is much more likely to retard its digestion and cause dyspepsia than if taken a little time after eating; and the custom adopted by many persons at breakfast, for instance, of eating, and drinking their tea or coffee afterwards is a sensible one; so also it is better to take one's five o'clock tea without the customary bread and butter or cake than with it.

Indeed, while there is little that can be said against a cup of hot tea as a stimulant and restorative, when taken about midday between lunch and dinner, and without solid food, it may, on the other hand, be a fruitful cause of dyspepsia, when accompanied at that time with solid food, it is also a curious fact that many persons with whom tea, under ordinary circumstances, will agree exceedingly well, will become the subjects of a tea dyspepsia if they drink this beverage at a time when they may be suffering from mental worry or emotional disturbance. Moreover, it is a well-recognised fact that persons who are prone to nervous excitement of the circulation and palpitation of the heart have these symptoms greatly aggravated if they persist in the use of tea or coffee as a beverage.

The excessive consumption of tea among the women of the poorer classes is the cause of much of the so-called "heart complaints" against them.

The food of these poor women consists largely of starchy substances (bread and butter chiefly), together with tea, i.e., a food accessory which is one of the greatest of all retarders of the digestion of starchy food. The effect of coffee as a retarder of stomach digestion would probably be more felt than it is were it not so constantly the practice to take it only in small quantities after a very large meal; it is then mixed with an immense bulk of food, and its relative percentage proportion rendered insignificant; and to the strong and vigorous the slightly retarding effect on digestion it would then have, maybe, as Sir W. Roberts suggests, not altogether a disadvantage; but after a spare meal and in persons of feeble digestive power the cup of black coffee would probably exercise a retarding effect on digestion which might prove harmful.

## BIRDS'-NESTING.

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BIRDS'-NESTING for the pure and simple purpose of making a capture and destroying the contents of the nest is not a thing to be encouraged or approved of, but should the object be the making a collection or cabinet it is one highly to be approved of.

If this article should meet the eye of any boy who has been in the habit of birds'-nesting in the manner in which this cruel sport is generally practised, we beg him to listen to a few words of kindly advice. If he is naturally cruel they



NEST OF THE WOOD PIGEON

will have no effect, but if he has pursued the sport out of mere thoughtlessness, or because he likes rambling in the woods with some object in view, or if he wishes to make a collection of eggs as being very beautiful things, in either of these cases we are inclined to think that our object is to give his taste a right direction, and to lay before him a few hints which will make his amusement or study more interesting to him than it was before.

We remember reading an account of some naturalists who were in search of an egg of a very uncommon bird. So rare was the bird that they looked forward with the greatest



NEST OF THE MAGPIE

anxiety to procure one of its eggs, at least, to add to their collection. At length, after tramping many miles, they succeeded in discovering a nest which contained only one egg, which was about to be hatched. But they did not like the idea of depriving the poor little thing of life, so one of their number, with great ingenuity, opened the fragile shell with a lancet without injuring the egg. The unfledged inmate dropped into the nest, and by a little kindly forethought they had saved the life of the poor little creature and had attained the object of their search. If one only thinks a



NEST OF THE THRUSH

little, there need not be any cruelty in hunting after birds' nests.

Make a firm resolve never to do anything that you consider cruel. Spare the young birds, and neither destroy the nest nor relieve it of its pretty contents.

Take only one egg from each nest, and you will have a specimen of each British bird, and

the mother will not miss one egg, for it does not appear that birds know how to count at all. It is both unwise and cruel to destroy a whole nest, for we can ill afford to lose our feathered songsters. There are parts of France where the country is unenlivened by the song of birds, simply because the French peasantry have all but exterminated them.

A knowledge of the breeding habits of birds being an integral part of ornithology, representing, perhaps, the most interesting part of avian life, collections of birds' nests and eggs are indispensable to the thorough student, and many persons find peculiar pleasure in forming them.

But the gathering of birds' nests for scientific purposes requires far more discrimination than the collecting of specimens in any other branch of natural history. It has been remarked by Professor Newton that the botanist, so long as he gets his specimens in good condition, is satisfied with labels attached giving a few concise particulars of when and where they were obtained; but an oölogist demands positive surety that the species of bird to which the egg belonged was accurately identified, and that the specimens themselves have subsequently been carefully authenticated.

The nests of birds are to be sought for in all localities, and in various months of the year, such as March, April, May, and June, some even in July. Everywhere the lateness or forwardness of the season correspondingly retards or hastens the date of incubation to a considerable degree. If you limit your collecting trips to the immediate vicinity of your home, observation will tell you when the birds are beginning to build and when the eggs are to be had. You will discover that for about a fortnight, if you wish good, fresh specimens, you must work with great zeal, wasting not a single moment. If you delay, the mother birds will begin to sit upon their eggs, the embryo will begin to be formed, and when this has gone on for a few days the preservation of good specimens is very difficult. After the middle of April, therefore, constant vigilance should be exercised, and the eggs of all the earlier breeding birds be taken at once, in order to make way for the crowd to follow. The services of boys on farms may be employed to find out the nests, which you yourself, or some known competent person, should, however, remove.

### METHODS OF DISCOVERY.

Where to look for nests may be worth a few words. Most birds build on trees or in bushes, many on the ground or in rocks, others in cavities; some contrive elegant or elaborate structures, endlessly varied in details of form and material, others make no nest whatever. Particular nests, like the birds that build them, can only be found through ornithological knowledge; but general seeking is usually rewarded with a varied assortment.

"Search long and diligently," writes one of our collectors. "Place straw, hay, cotton, hemp, or any of the materials that birds use in constructing their nests, in an exposed situation in a swamp or wood; then, by watching the birds when they take it and following them, many nests will be found that would otherwise escape notice." The same course may be followed to birds observed with nest material in their beaks; but the process requires great patience, a virtue every oölogist should cultivate and *must possess* in order to do really good work in this branch, which deserves to be ranked as an exact science.

The best method of becoming possessed of many nests, particularly those of sandpipers and other ground breeders, is for the collector to conceal himself near the place where he has reason to believe the eggs are, and to endeavour to watch the bird as she returns to her nest, using a telescope, if necessary. Marking where you find nests one season will very likely lead to the discovery of others near by in the next season.

When you are exploring a locality, do it thoroughly. Peer into every bush, clump of grass, hollow tree, and other likely place for a bird's home; kick stumps and fallen logs to frighten out wrens, and look in all directions quickly, keeping your eyes wide open and your tongue still.

"Step softly and speak low."

While some birds, instinctively avoiding ex-



posure, will let you pass close by and make no outcry, others betray their homes at once by their clamorous anxiety, or try to lure you from the precious structure by feigning a lameness to attract you to vain pursuit. All these signs the bird collector must learn and profit by, if he would succeed. The most valuable nests are being constantly brought to light by apparently happy accidents; but it is only such good luck as comes to those who are quick-witted, industrious, watchful, and unwearied. The secret of success here, as elsewhere, is hard work.

#### BIRD PREFERENCES.

One who goes to distant, wild regions to collect eggs of land birds is generally disappointed. Birds are drawn by various circumstances near to the abodes of men. They seek a place for their homes combining an attractive site, safety from enemies, material for their architecture, and food for themselves and their fledglings, when the latter shall arrive. The union of these qualities determines a bird's choice of the locality for its home, within the area of its general distribution, in the breeding season.

One must acquaint himself with the general habits of all the birds, therefore, if he expects to succeed as an oölogist; and in this very necessity—it is well to point out again—lies the value and benefit of the special study at present under consideration. In the nest the whole life of the bird centres, and hence, to write fully of the nest and eggs and nesting habits, is to write very fully and adequately of the birds themselves and of their characters, as these are shown in the choice of places of building, in the structure and surroundings of the nests, in the guardianship of the young, and in the foraging methods adopted by the several species.

A very important requisite for domestic peace and happiness is security from enemies. This the small birds find most surely near man, and they therefore forsake the depths of the woods and forests for the hedges and groves; the pasture meadow with its pleasant brook, and thickets of brambles and second-growth saplings; the road side and orchard; even to the garden and the farm. Those species that must be sought for in deep woods and secluded valleys are such as are well protected from danger by nesting in holes in trees or other well-concealed positions—the titmice and woodpeckers, for example, which, like the hawks, are able to repel intrusion; and, lastly, species naturally extremely wild and solitary, as some of the marsh birds; but even these are more likely to be found near our homes than far away—out in the sunshine, rather than back in the gloom.

#### NAMING EGGS.

Precision in the identification of his specimens—that is, the ascertaining without any possible mistake the name of the bird that laid the eggs in question—must be the main object of the egg collector, to attain which all others must give way. When, therefore, a nest containing eggs, or one newly constructed, is discovered, it should not be disturbed, if possible, before the parents have been taken, or well observed sitting upon it or hovering near, and thus identified. Horse-hair snares arranged about a nest, or a daubing of bird lime, will often secure the parent bird. If the species cannot otherwise be positively determined, the parent bird should be shot, and either the whole skin be prepared or a portion, as the head and wing, preserved for identification. The bird may also be thrown into alcohol, and thus easily kept. Another method, recommended as efficacious for a short time, is not to skin the birds, but simply to pour down their throats through a small funnel a few drops of pyroligneous acid, and to saturate the feathers with the same fluid; after leaving them to dry for an hour or so, they may be wrapped in paper and packed. This may be a useful plan on rapid or extended trips, in holiday time, when strange species are to be collected, and there is no opportunity for preserving the skin; but alcohol, about seventy per cent. strong, is superior to all other means of preservation of the entire bird, for purposes either of identification or subsequent study.

No pains should be considered too great to secure the certain identification of each set of

eggs. If identification be impossible, however, the eggs may still be preserved, as the species can surely be approximated, if not absolutely determined, by an expert oölogist. But such eggs should always be kept separate from the collection until there is no doubt about them, and even then the record shown by them, and in what manner they were named.

(To be Continued.)

### YOUNG MEN AND SINGLE LIFE.

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It is undoubtedly true that a single life is not without its advantages for some. There are hundreds of young men, as there are a like number of young women, to whom a married life would be unsuitable and unwise. It is an inexcusable sin for any young man of hereditary ill-health or deformity to assume marriage, and to such a one single life has advantages even though it holds out few pleasures. But that young man who is possessed with every bodily and mental equipment, and marries not, fails in one of the most palpable duties of life. He deprives himself of life's most refined and exalted pleasures, of some of its strongest incentives to virtue and activity, and sets an example unworthy of imitation. Nothing has, or should have, a greater refining and moralising influence to a young man than marriage. If he remains unmarried, he lays himself open to alluring vices that have no place in his eye or mind when his attentions and affections are centred upon a devoted wife. Marriage changes the current of a man's feelings, and gives him a centre for his thoughts, his affections, and his acts. It renders him more virtuous, more wise, and is an incentive to put forth his best exertions to attain position in commercial and social circles. It is conceded that marriage will increase the cares of a young man, which he would not encounter if he remained single, but it must be granted, on the other hand, that it heightens the pleasures of life. If marriage, in some instances within our knowledge, has seemed to be but a hindrance to certain success, the countless instances must not be forgotten where it has proved to be the incentive which has called forth the best part of man's nature, roused him from selfish apathy, and inspired in him those generous principles and high resolves which have helped to develop him into a character known, loved, and honoured by all within the sphere of its influence. Matrimony, it is true, is chargeable with numberless solitudes and responsibilities, and this all young men should fully understand before entering upon it, but it is also full of joy and happiness that are unknown to the bachelor.

### SOME CULINARY HINTS.

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THERE is often a difficulty in removing cake from the pan. To get over it line the cake tins with paper, allowing it large enough to come half an inch above the top of the pan. Lay the paper over the outside, and crease it round the edge of the bottom of the pan. Fold it in the middle lengthwise and crosswise, and cut out the open corners to the crease made by the pan. Then fit it into the inside and grease the paper, not the pan, with unsalted butter or lard. Round shallow pans for layer cakes should be lined only on the bottom. Grease the paper and edge of the pan. Cakes should bake until they shrink from the pan. To remove the cake from the pan lay a clean bread or cake towel over a cake cooler or wire sieve, or over a long shallow pan inverted. Run a slender knife between the tin and the paper. Take the cake out by lifting the paper on the middle of each side, and place it carefully on the cloth. Pull the paper away from the edges and leave that on the bottom until the cake is cool enough to be put away. But if the loaf is to be frosted turn it over in the cloth, and remove the paper. Another way for layer cakes and cakes not lined with paper. Loosen the edges with a slender knife. Hold the pan in the right hand, slip the left hand under the cake cloth, turn the pan over letting the cloth meet the cake half way, then lower the cake in the cloth towards the left. Remove the pan. If it does not come off readily tap it on the bottom with a

knife, leave it a few moments and then should it fail to come off, stoop so that you can see under the pan, raise the end gently and slip the knife under and scrape away what has stuck to the pan. In this way a broken piece is fitted into its place with little trouble. As soon as the pan is removed turn the cake over by turning it in the cloth so as to leave it right side up. This prevents the cake from becoming heavy by the weight of the hand, or by its own weight in falling. The under crust is much nicer than when left to sweat in the pan.

A word about saucepans. Do you know and will you believe that you may save all the labour of scraping saucepans in which oatmeal has been boiled, by simply observing one precaution? Instead of taking it boiling from the fire and pouring it out into the dish, let it stand on the table for five minutes before you pour it from the saucepan. Oatmeal porridge holds the heat so long that five minutes away from the fire will make little perceptible difference, except to the bottom of the saucepan. If you notice when you pour porridge boiling from the saucepan you will find the heat of the bottom instantly dries up what is left on. The usual way is to pour water to this and put it back on the fire; now the water will take hours to soak through the hard crust that coats the bottom of the saucepan, which, having been set back on the fire, is baking still harder. When the porridge is poured from the saucepan, after it has stood on a cool spot for a few minutes, you will find that the bottom is no longer baking hot, and if, for the sake of experiment, you take a spoon immediately, you will find the cake on the bottom will peel away and leave it clean.

### USEFUL HINTS.

—O:—

NEVER prick a blister with a pin. A needle is the only suitable instrument.

Don't neglect your house drains, nor the drainage about your house. The first condition of family health is a dry and sweet atmosphere.

Bitter tonics, as quinine, should be taken half an hour before meals; iron, oils, and acids after eating, that they may be digested with the food. Iodide of potassium is always given after meals—it is said then to be less liable to disorder the digestion. When a tonic is ordered to be taken, the doctor should be asked whether it is to be given before or after meals.

In washing woollen goods they should never be rubbed, but cleansed by drawing through the hands up and down, then wring as dry as possible, and rinse in a tub of hot water in which a little soap has been dissolved.

A white hand is a very desirable ornament, and a hand can never be white unless it be kept clean; nor is this all, for if a young lady excels her companions in this respect she must keep her hands in constant motion, which will cause the blood to circulate freely, and have a wonderful effect. The motion recommended is working at her needle, brightening her house, and making herself as useful as possible in the performance of all domestic duties.—Mrs. Jamieson.

Flannels should be soaked first in cold water and then in hot water, before they are made up, in order to shrink them.

A little borax put in water in which scarlet napkins and red-bordered towels are to be washed will prevent them from fading.

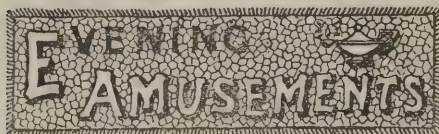
It is a good plan to wrap glass jars of fruit in newspapers and put them away in a dark, cool place. It prevents the fruit from bleaching.

Medicine stains may be removed from silver spoons by rubbing them with a rag dipped in diluted sulphuric acid, and washing it off with soap suds.

A saturated solution of cyanuret of potassium, applied with a camel's hair brush, will remove marking ink from linen. Wash afterwards in cold water.

Plush goods, and all articles dyed with aniline colours, faded from exposure to light, will look as bright as ever after being sponged with chloroform. The commercial chloroform will answer the purpose very well, and is less expensive than the purified.





## OUR SPHINX AND PUZZLE PAGE.

—:0:—

## BURIED PROVERB.

- I. "Slow ill exchanged for riper times,  
To feel the follies, or the crimes,  
Of others, or my own!"—*Burns*.
- II. "'Tis greatly wise to talk with our past  
hours,  
And ask them what report they bore to  
heaven."—*Young*.
- III. "Rescue, like courteous knights, the nymph  
from danger,  
And kindly treat, like well-bred men, the  
stranger."—*Addison*.
- IV. "But he whom nature never meant to share,  
One spark of taste——"—*Armstrong*.
- V. "Those whom thou would'st gladly see,  
Are waiting there to welcome thee."  
—*Bryant*.
- VI. "Yet though I may not share your love,  
It will a consolation prove,  
That I was true to thee."
- VII. "Till their own dreams at length deceive  
'em,  
And oft repeating, they believe 'em."  
—*Prior*.
- VIII. You smile; but all the train the muse  
that follow,  
Christians and dunces, still we quote  
Apollo.—*Armstrong*.

SLANTING PUZZLE.  
(Horizontal.)

- I. A flower. ....
- II. Narratives. ....
- III. A kind of medicine. ....
- IV. A parti-coloured badge. ....
- V. A young salmon. ....
- (Vertical.)
- I. A letter.
- II. A preposition.
- III. Forty winks.
- IV. A miss.
- V. Cries.
- VI. A blow.
- VII. A title.
- VIII. A verb.
- IX. A letter.

## CHARADE.

I sadly watched the FIRST; the day  
You left me long ago,  
SECOND by SECOND on the way,  
'Twas strewn as well you know.

And when some tardy weeks were gone,  
(To me they seemed so slow),  
After these weeks I gazed upon  
My WHOLE and tears did flow.

It was the promise of the spring  
A hope for brighter times,  
A sign that with its leaden wing  
Came warmer summer climes.

And now when winter days are here,  
And FIRST lies all around,  
I know that then the WHOLE is near,  
And brighter thoughts abound.

## WORD SQUARE.

- I.
- This circle we square.
  - Much to admire.
  - A wanderer there.
  - To step we require.
  - Then flocks as the last.
- II.
- A time-piece.
  - To worship.
  - The whole.
  - Stiffness of the limbs.
  - Assists.
- III.
- A fir tree.
  - Part of a church.
  - Fixed.
  - To hang on.
  - A fence.

## IV.

- A city famous for hot springs.
- A measure of land.
- Correct.
- To take care.

## ENIGMA.

## I.

Long, long ago when earth was made,  
I also was created,  
But now sometimes I am afraid  
With me you're not elated.  
Yet if I ever ceased to flow,  
'Tis plain that you must die;  
For though I'm ever seen below,  
I have a place on high.  
Each lowly herb, each mighty king  
To me owes growth and health,  
Though some I kill (of everything  
You may have too much wealth).  
I join the snow that softly falls,  
I merge in ocean's rush,  
I polish up the marble halls,  
I herd with pail and brush.  
"You dirty boy" I would make clean,  
I scorn no lowly work,  
Though I am useful to the Queen,  
My tasks I do not shirk.  
Ah! happy he who uses me,  
As well as ales and wines,  
And now I think that you must see,  
The object of these lines.

## II.

My first is one-third of a Jew,  
My second the last thing in you,  
My third, fourth, fifth, sixth, an internal dis-  
order.  
My seventh not in law but always in order,  
My whole strung together will form the name,  
Of what can but occur once in the present  
reign.

## SINGLE ACROSTIC.

The names of the characters in a famous novel  
will give the author's name.

- A bishop's castle.
- A countess.
- A herald (?)
- A baron.
- A soldier.
- A king.
- A herald.
- The English contemporary of James III.  
of Scotland.
- A burgomaster.
- The hero's birthplace.
- A Duke of Burgundy.
- A barber.
- A provost marshal.
- An executioner.

## CONUNDRUM.

- When does a man travel with a tree?
- When does a cow save the dairy-maid the  
trouble of churning?
- Have you ever seen a "G" gallop?
- When do ladies most resemble angels?
- What is it that with many ears, yet never  
hears?
- Why does an idle individual see more than  
a busy person?

## FLOWER CONUNDRUMS.

- A beast much used even to the bride,  
A motion I may call a glide.
- A welcome fruit when others fail  
A shrub which pricks e'en though a veil.
- My first is precise in a way,  
My second the sun did to-day.
- My first always seen in the gay Christmas  
time,  
My second considered a very good wine.
- My first covers ground, my second makes  
sound.
- My first to farmers cause distress,  
My second is a garb of dress.
- To destroy—a personal pronoun and a  
mineral.

CORRECT ANSWERS TO SPHINX from Daisy  
(Liverpool), S. E. Abbot (Priory, Norwich),  
M. E. Ashling (Lea Bridge), original preferred.  
Dahlia (thanks), Marmion (Tamworth), Aixa  
(Bristol), Lady Bird, Lizzie A., Mrs. T. Ware  
(Bermondsey).

## CHILDREN AT THE TABLE.

—:0:—

"GIVE me a nice napkin, too," said a little  
daughter when her mother was distributing  
fresh napkins on the dining-table. The child's  
napkin was clean, but not altogether whole,  
nor of as fine quality as the damask meted out  
to the elders. The request was complied with,  
but it set me to thinking, and, perhaps, may  
set some other mothers to thinking also. It is  
very common in many families to give the little  
one at the table a plain or even cracked mug,  
cup, or glass, while the elder members are using  
a finer article; the stained saucer or worn,  
plated spoon for oatmeal or berries, when  
father, mother, and elder brothers and sisters  
have delicate china and silver. We cannot  
think it the best plan. "But the child will  
break a glass." True, it may; but the very  
handling of glass or fragile china is apt to  
teach the care and gracefulness necessary to  
good table manners, which the tin or queens-  
ware mug will not.

No lessons so affect our after-life as do those  
learned at the home table. The study of  
multitudes of books of etiquette can never  
give us the ease and grace insensibly acquired  
in childhood at a well-ordered table. And at  
that well-ordered table children, while not  
unduly brought forward, feel that they, as well  
as the elder members of the household, have a  
share in that refinement which desires and  
brings about dainty table linen, shining cutlery,  
and perfectly clean china, glass, or silver.

If at all practicable let each child have its  
glass tumbler or goblet, its salt-cellar and nap-  
kin every day, and be taught from its earliest  
admittance to the family table to use each  
article carefully and gracefully. "Then," as  
Marion Harland says, "when there is company  
you will not be mortified by their making  
looking-glasses of the bowls of their spoons or  
handling their forks awkwardly. \* \* \*

Where there is a wide difference between family  
and company table furniture there usually  
exists a corresponding disparity between every-  
day and company manners."

## JAPANESE FOOD.

—:0:—

A correspondent of the San Francisco  
*Chronicle* writes: Besides rice, barley, wheat and  
rye, millet and some corn are grown. By far  
the most important of these cereals is rice, yet  
nothing can be further from the truth than the  
popular idea that rice is the exclusive food of  
that people. Rice when hulled is pure starch,  
and that nutritive element will not support  
animal life. Wheat is raised as a winter crop  
to the amount of 40,000,000 bushels annually.  
Wheat is generally hulled, boiled and eaten the  
same as rice. Sometimes it is ground, and  
when mixed with other substances made into  
cakes, but it is never made into bread, as with  
us. In fact, there was no word in the Japanese  
language for bread. There is no process known  
to Japanese cooking analogous to yeast fer-  
mentations. There is not a flour mill in the whole  
empire. Grains are ground on small hand  
mills (the exact counterpart of those delineated  
in the tombs and temples of the Egyptians),  
then bolted in small boxes by shaking the flour  
through several sieves or screens, covered with  
cotton cloth. Barley and rye are grown and  
used in the same way as wheat. The barley  
produced is 60,000,000 annually. Millet is an  
important food factor. It grows in latitudes  
and at altitudes that prevent rice growing. It  
yields abundantly, and is a nourishing food. It  
yields from 50 to 60 bushels to the acre, and is  
eaten whole after boiling, or is ground into  
flour.

## ANSWERS TO CORRESPONDENTS.

—:0:—

HARRISON, N.—Read our articles on canaries,  
and then, if you require any explanation on a  
particular point, write.

S. FREMING.—Needlework will always be  
made a special feature.

B. DAVIS.—Charades, &c., are not paid for.  
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# THE COOK & HOUSEKEEPER

A JOURNAL  
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No. 9. VOL. I.

SATURDAY, APRIL 30, 1887.

PRICE ONE PENNY

## CANARIES: How to Tame, Train, and Raise.

BIRDS are always busy, always engaged in some new project, and the cage should never be touched without first engaging the attention of the inmate. By gentleness and patience a bird may in a short time be taught to eat from the hand, sit on the finger, kiss, and do many other smart little tricks. We have always found hemp seed a potent factor in the taming process.

If you wish a pet canary, select a male bird not over six months old, and hang his cage in the room where most of your time is spent. Notice him often; attend to his wants at the same hour each day, and now and then place the cage on the table beside you while sewing or reading.

To teach him to sit upon the finger, try first to gain his confidence, and having talked with him some time, introduce a finger between the bars and quietly continue reading. After a time he will go up and examine the new object—perhaps even bristle up and fight it. This is a good sign, and shows that he no longer suffers from fear. Talk and chirrup in an encouraging manner, and give a hemp seed. Try this two or three times a day, till he becomes bold enough to light on the finger and take the seed held on it. When he no longer fears you or the finger, open the door and introduce several fingers, and finally the whole hand. As he perches on it gently withdraw the hand, and after a few attempts you will get him outside the cage. Be always quiet and gentle, and talk with him confidentially. Very soon when you

open the door and hold up a finger he will come out and perch on it, no matter in what part of the room you may be. He will now take seeds from the fingers and lips, if none of this kind are given at any other time. When he has progressed thus far, he may be let out at a regular hour each day—say at breakfast—and afford much amusement for the family, as he flies from one to another, gaily singing on this one's head,

taking a seed from that one, or daintily inspecting the various edibles. We have one who never touches anything on the table except bread and boiled eggs. When the latter are broken he flies straight to the plate and saucily bristles up, and scolds as though warning us not to interfere. If the egg has been buttered and salted we are obliged to deny him the treat, as either would prove fatal.

A pretty trick and one easily taught is the ringing of a bell. To do this, suspend a tiny bell in one corner of the cage and leave the bird without food till he is hungry; then ring the bell by pulling the string attached to it, and place some favourite food in the cup. If an apt pupil he will soon connect the sound of the bell with the coveted dainty, and in a short time he will ring whenever hungry.

Sometimes we see canaries who will draw up their seed with a small bucket or chain, tell fortunes by cards, draw a tiny cart, or wear a red coat and fire a cannon. But these things are best left to the specialist and exhibitor, and our household pet should be allowed to frolic unhindered, and this he cannot do until he has learned to regard us as friends.





We have in mind one canary who is seldom in his cage except at night. Then the cage is not closed, and with the first peep of dawn Toots begins to chatter and sing, and, flying into the next room, which is his mistress's sleeping apartment, he circles about her head, whistling and singing at the very top of his voice, now and then giving her a peck on nose, mouth or cheek, and keeps this up till she opens her eyes and gives him a hemp seed. Toots' mistress gives painting lessons to a number of young ladies, and once when they were copying some very large and handsome pansies, he busied himself during the dinner hour by nipping and tearing the petals of those most gaily coloured. Other flowers had to be substituted for the mutilated ones, but the young ladies readily forgave the tiny spoiler.

Another time, while the class were painting, Toots, who had been flying about, suddenly became interested in the model—a shallow glass dish filled with purple and white violets, and after a close inspection on all sides, slyly seized one of the flowers, and, giving a quick jerk and a saucy wink of his black eye, threw it on the table. By this time everyone was watching him, and, to their great amusement, he pulled every violet out on to the table, and then, hopping into the dish, with an air of most comical assurance and self-possession, took a bath, dipping and splashing like a young mermaid.

Toots once paid high compliment to his mistress's ability as an artist by repeatedly trying to light on a spray of golden-rod deftly transferred to canvas by her brush. Tearing paper is one of this bird's favourite diversions, and often-times the carpet under the rack is so covered with these fragments as to remind one of a snowstorm. He is very shy of children, and has learned to keep out of their way, often hiding in the springs under the bed, on the cornice-pole, or behind the pictures when they are about.

Another canary of our acquaintance whistles "whip-poor-will" in the most realistic manner and is so fine a whistler and mimic that when he and his master give a concert one cannot tell which is which.

Most canaries learn to sing before leaving the parents, but to teach them to whistle and sing tunes, there must be a constant repetition at regular intervals, keeping the bird as quiet as possible at other times. A good whistler will soon teach an imitative bird so that he will introduce the most surprising variations into his usual song. It is not every bird that can learn to sing a tune, but in Germany, where the training of birds is a regular business, it is done in this way. The young birds are kept most of the time in the dark, and always hear the tune they are to learn from a bird kept for this purpose or a bird-organ. In from three to six months he will be tolerably perfect in his part, but for a year he hears no music except that one tune. It is seldom that a canary can sing more than one tune, but the King of Bavaria owned one that could sing three tunes correctly.

When you desire to mate your birds place the female in a breeding-cage, and hang her on the opposite side of the room, but in full sight of the male. Usually they will become well acquainted in a few days, when, if they sing and call to each other in a loving manner, you may safely place them together. In from eight to ten days the female will begin to lay, and at about the same hour each day an egg will be deposited, till there are from four to seven in the nest. The process of incubation occupies thirteen days, when hatching begins, a single egg being hatched each day in the same order as they were laid.

While the female is laying she should have plenty of green food to prevent her becoming egg-bound. Should this occur give green food still more freely, and, taking the bird gently in the hand, rub the passage with sweet oil. Should the trouble be caused by a cold, give the appropriate remedies.

The breeding-cage should be kept in a quiet place of even temperature, and always tended by the same person. Showing off the birds to visitors or any other disturbance may cause desertion of the young. Usually the father assists in the care of the family, but if he in any way creates trouble, remove him at once to his own cage. When the young are nearly feathered and have perched for a few nights, they may safely be taken from the mother.

Birds when breeding should have the regular mixed seed, canary and rape, also a preparation of hard-boiled egg and cracker, in the proportion of one whole egg to one cracker. Grate the egg, pound the cracker, and mix. Prepare this fresh every morning, and give at two different times in the day. Give also green food as before directed. The old birds should have this mixture from the time they mate, and it should be continued to the young till they can crack seed, which they can usually do at the age of six weeks. Soaked rape seed may be given in small quantities as soon as they are able to leave the nest.

In case the parents desert the young, feed the tiny creatures with the egg and cracker, using a quill toothpick as a sort of spoon. Each bird should have three or four of these spoonfuls every hour.

Young birds are in full feather at the end of six weeks, and soon after the body feathers are shed, though the wing and tail feathers are not shed until the second season. The process of moulting occupies from six to eight weeks, and during this time the birds must be kept from draughts of air, be fed on the egg and crackre mixture, and receive the most scrupulous attention in every respect. It is natural for some birds to sing in the evening, and others can be made to do so by keeping them in the dark through the day, and then bringing them into the parlour after the lamps are lighted.

## GERMAN HOME LIFE.

AS AFFECTED BY THE ALL-PERVADING NATIONAL CUSTOM OF BEER-DRINKING.

—:—

BEER-DRINKING is the business common to every other business of the Germans. When one eats he must have beer to drink with his food; when not eating he must have beer because he is not eating. When alone, he must have beer to keep him company; when in company he must have beer as a bond of conversation. When friends meet they drink a welcome; when they part they drink a good-bye; and not unfrequently, when absent, they drink in remembrance of each other. So writes Austin Bierbower in the *Overland Monthly*. A woman going to the store for petroleum or molasses usually has a beer-bottle to carry it in. The vinegar-jug of the Germans is also an old beer-bottle. In short, the beer-bottle is a common article of household convenience. Of the trash hauled out from the cellars and streets of a German city, the chief component is broken beer-bottles. It is not uncommon to find beer soup of a great many kinds. There is malt sugar, malt extracts, malt chocolate. There is hardly a disease but may, according to somebody, be cured by beer. I heard a woman once maintain that beer-drinking is good for corns. An old toper, replying to a temperance lecture, said: "If cold water rusts the nails in the soles of your shoes, what effect must it have on the coats of your stomach?"

Beer has worked its way into the customs of the Germans in many ways. It is common for the people to take their meals in the beer-houses, often whole families together, where they can have their food as cheap as they can get it at home; so that public eating has almost superseded the family table. Home meals, where they are retained, are nothing like the social cheer they are in America, where every man, however poor, sits with his family around a common board. In Germany each one in the morning drinks his coffee alone, and when it suits him to get up. So with supper. When not taken at the restaurant it is eaten cheerlessly, alone, as we would a "piece," and consists commonly of a sandwich and a glass of beer. Dinner is a simple affair, is served in the family, and is often taken by each one alone. Boarding-houses are almost unknown, the beer-houses having driven them out of the great German empire. A stranger, if not at an hotel, takes a room with a private family, where his breakfast (or coffee, rather) is served in his room, while his other meals are taken at the saloon, where he can get beer with them. In the hotels there are not commonly tables set; but the guest usually pays for his lodging only, and eats at the restaurants, where he can also drink.

In Berlin there are over 6000 restaurants.

there being more restaurant keepers than any other class, excepting shoemakers and tailors. The restaurants are of all kinds—some serving breakfast, some supper, and others all the meals. They are for all classes, too—some for the most wealthy and delicate, others to suit the labouring men, and some even for beggars. Every restaurant is at the same time a reading-room, where the principal dailies are furnished; for few families take newspapers at home. In the restaurant are also chess-boards, billiard tables, after concerts, and theatrical performances. In short, home, with its people and comforts, is turned out into the restaurant. The German would rather have dry bread and cheese, with a glass of beer, than the richest repast without beer. One never sees water on the table at a German restaurant.

The whole social system in Germany is affected by beer-drinking, which, among other results, has led in a remarkable degree to the publicising of their private life. A man in Germany does not love his privacy, but his society: not his family so exclusively, but his saloon companions. There is less of that confidence and satisfaction with which one in England gives himself up to his wife and children or to enjoyment at home; but he takes them with him to the saloon, where they all give themselves up, with others, to common enjoyment. They do not at such times feel disconcerted by the strangers present; but a stranger becomes another friend in the company; for in Germany familiarity does not consist in the degree of acquaintance, but in the number of persons present. This accounts for the German's sociableness and for his reputation for friendliness. The first time he meets you he is about as friendly as he ever becomes. An Englishman, in order to enjoy anything, wants it to be his own. But a German will make it his own, if he only has somebody else to share the enjoyment with.

The people do not live at home, and have no strong home feelings. They find home a tedious place, for which, like the French, they have no name in their language. They have a "house," or lodgings; but if they should translate our word "home" with all its tenderness, they would have to say "fatherland." Not the individual, but the whole, found an interest; not the family, but a saloonful, constitutes the unit of society. Even in their courtship there is nothing of the privacy of the English. A young man, instead of repairing to the lady's home to spend a few hours in the parlour, takes her—if he may be alone with her at all—to the beer-garden or theatre, and there courts and often caresses her in the presence of hundreds of others.

A matter that leaves little occasion for drinking in America, as the Germans do in their country, is the fact that all have enough to eat, and of good quality; whereas the Germans often drink in order to wash down food that is no more palatable than medicine. If Europeans had such rich breakfasts and dinners as Americans, they would not care for anything to drink with them. Beer has been called "liquid bread," because of its nourishment; but the idea is weak, for to yield as much nourishment as a five-cent loaf requires a hundred glasses. The Germans do not eat as much as we; but it is because they drink themselves full, and so feel satisfied for the moment. But they eat nearly all the time, or, at least, keep filling themselves with something. There is accordingly much suffering from insufficiency of food, notwithstanding the Germans eat four times a day. Their stomachs are in a chronic state of collapse, because of their periodical balloon-like distension.

## DON'T FORGET,

That an insect has feeling and an atom a shadow.

That the most brilliant roses bloom among the sharpest thorns.

That no man is born into the world whose work is not born with him.

That leisure is a very pleasant garment, but a bad one for constant wear.

That an ill-assorted marriage is the sepulchre of the heart haunted by the ghost of past affection and hopes gone for ever.



# The Cook and Housekeeper.

SATURDAY, APRIL 30, 1887.

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G. PURKISS—Office, 286, STRAND, LONDON, W.C.



(ARRANGED ALPHABETICALLY.)

—10:—

**Blanc Mange of Fowl** is made by taking the white meat of fowl, either boiled or roasted, cutting the meat up very fine, and then pound it up with almonds and onions. Pass through the tammy with cinnamon and rose water; fry this in fresh butter and some salt and sugar.

**Bloater Salad.**—Boil two Yarmouth bloaters; remove skin and bone, and cut the fish into shreds; put into a small salad bowl a head of blanched endive; add the fish and two anchovies cut up, a dozen minced capers, and two boiled and sliced potatoes; over all strew a few minced herbs; add a plain salad dressing, toss lightly, and serve.

**Boiled Apple Balls.**—Peel, core, and cut up into dice two pounds of good apples; put them in a basin, and mix with them one half pound of sugar, the grated rind of a lemon, one ounce of butter, quarter pint of milk, and six eggs, the whites of which must be beaten to a froth, then add as much bread-crumbs as will make the mixture stiff; roll it up into small balls, and boil it in salted water. Serve with wine sauce.

**Boiled Cod with Lobster Sauce.**—Boil the fish as directed—(see "BOILED FISH")—and when done carefully remove the skin from one side; then turn the fish over on to the side that is to be served; skin side up; remove the skin from this side; wipe the dish with a damp cloth; pour a few spoonfuls of the sauce over the fish, and the remainder around it; garnish with parsley, and serve. This is a handsome dish.

**Boiled Fish** (General Rule for).—Simmer gently thirty minutes, then take up. When you do not have a fish kettle, keep a piece of strong white cotton cloth, in which pin the fish before putting into boiling water. Hard boiling water will break the fish, and of course there will be a great waste. There should be a gentle bubbling of the water while the fish is in it, and nothing more. A fish weighing more than six pounds should cook five minutes longer for every additional two pounds. Small fish like trout require from four to eight minutes to cook. They are, however, much better baked or fried.

**Boiled Fresh Tongue.**—Put into boiling to cover, with two tablespoonsful of salt. Cook from five to six hours. Skim the same as with tongue.

**Boiled Haddock.**—(With Lobster Sauce, the same as Cod).—In fact, all kinds of fish can be served in the same way; but the lighter are the better, as the sauce is so rich that it is not really the thing for salmon. Many of the best cooks, however, use lobster sauce with a salmon, but salmon has too rich and delicate a flavour to be mixed with lobster.

**Boiled Halibut.**—Season the slices with salt and pepper, and lay them in melted butter for half an hour, having them well covered on both sides. Roll in flour, and boil for twelve minutes over a clear fire. Serve as a hot dish, garnishing with parsley and a slice of lemon. The slices of halibut should be about an inch thick. For every pound there should be tablespoonsful of butter.

**Boiled Leg of Mutton.**—Cook as directed in boiling water to cover. A leg that weighs eight or nine pounds will cook in one hour and a quarter if wanted done raw. Allow five minutes for every additional pound. Save water for soups.

**Boiled Mackerel.**—Make a marinade with some weak broth, two tablespoonsful of vinegar, a bundle of sweet herbs, a few small onions or a large one, stick with a clove, pepper, and salt; boil it together for an hour; then boil the fish in this gravy; take them out when ready, strain the liquor, and thicken it; make it green with chopped parsley and fennel, add a teaspoonful of any kind of fish sauce, and send it to table.

**Boiled Mackerel** (Another way).—Cover the fish with cold water with plenty of salt, after washing carefully. After slowly bringing it to the boil, skim and simmer until done. Serve it with fennel sauce. One ounce of salt to a quart of water.

**Boiled Rabbit.**—Boil slowly, and send to table covered with onion sauce. Rabbits are very nice fried. They must be cut up, and dressed with chopped herbs, bread-crumbs, &c.

**Boiled Rice.**—Wash well in two separate waters half a pound of the very best rice, and throw it into a quart of boiling water in a stewpan on the fire. Let the rice boil until nearly but not quite done; then drain it upon a sieve, and, having buttered the inside of a stewpan, put the rice into it, covering it with the lid, which should fit closely. Set this in a warm oven, on a trivet, allowing it to remain there until the rice is perfectly tender, when every grain will be separate and quite white.

**Boiled Salad.**—The meat and vegetables left after an old-fashioned boiled dinner make a very good salad. It should be composed of equal quantities of carrots, cauliflowers, turnips, potatoes, boiled beef, strung beans, and beets. They should be cut into neat pieces; if preferred in a salad bowl, arrange them in layers; if in a flat dish, arrange them in separate sections, which fashion in star shapes. The most important object is to arrange the ingredients as neatly and attractively as possible. Send to table with a plain dressing; mix together just before serving. A leaf of lettuce added to the plate of each guest is an improvement.

**Boiled Salt Tongue.**—Soak overnight, and cook from five to six hours. Throw into cold water, and peel off the skin.

**Boiling.**—All meats, unless very salt, should be plunged into boiling water, and boiled rapidly for fifteen minutes to harden the albumen that is on the outside and then keep in the juices. The kettle should then be put back on the outside, where it will just simmer, for meat that is boiled rapidly becomes hard and stringy, while that which is kept just at the boiling point (where the water hardly boils), will eat tender and juicy. White meats, like mutton and poultry, are improved in appearance by having rice boiled with them.

**Bone, To.**—To take the bones out of game or poultry, or to remove the bones of fish. It is common enough in France, and sometimes in England, to remove bones from shoulders of mutton and other joints to cook in the saucepan in various ways.

**Braise.**—To dress a dish *à la braise* you must have a braising pan, which is a sort of saucepan with the lid fitting close, and bordered, so as to hold hot ashes or charcoal on it. It is usual in France to secure the lid of the pan hermetically with paste, so that the contents may stew without the least evaporation. This mode of cookery excellently preserves the flavour of the viands used. Care must be taken that they are done thoroughly, and well seasoned with carrot, onion, parsley, thyme, bay leaf, and clove.

**Braised Fowls à la Royale.**—Braise the fowls as for capon and rice; when done drain them, and serve them with a ragout *à la financière*; mask the fowls well with the sauce, and garnish them round with the ragout. A tongue neatly trimmed, scalloped, and glazed is served with the fowls.

**Bread-and-Butter Pudding.**—Take a twopenny loaf and a pound of fresh butter; spread it in very thin slices, as to eat; cut them off as you spread them, and stone half a pound of raisins and wash a pound of currants; then put puff paste round the bottom of a dish, and lay a roll of your bread and butter, and strew a handful of currants and a few raisins; add some little bits of butter, and do so till your dish is full; then boil three pints of cream, and thicken it when cold with the yolks of ten eggs, a grated nutmeg, a little salt, near half a pound of sugar, some orange-flower water, and pour it in just as the pudding is going into the oven.

**Breaded Cutlets, Fish, &c.**, are usually done in this way: break two eggs, beating up the yolks and whites with a little salt; dip the cutlets into this mixture and then into crumbs of bread, repeating the same process, if requisite.

**Bread Pudding** (A Delicious).—Butter some slices of bread, and lay them in a dish, with currants and a citron between; pour over it a quart of milk with four well-beaten eggs, sugar sufficient to taste, and bake. Serve with sauce. Is easily made, and very nice.

**Bread Pudding** (Another Baked Bread Pudding).—Take a penny loaf, cut it into thin slices, then boil a quart of cream or new milk, and put in your bread, and break it very fine, put five eggs to it, a nutmeg grated, a quarter of a pound of sugar, and half a pound of butter; stir these all well together, butter a dish, and bake it an hour.

**Bread Pudding, Rye.**—Take half a pound of rye bread grated, half a pound of beef suet finely shred, half a pound of currants, half a pound of sugar, a whole nutmeg grated, mix all well together, with five or six eggs. Butter a dish, boil it an hour and a quarter, and serve up with melted butter.

**Bread, Pulled, to be Eaten with Cheese.**—Take the crust off a newly-baked loaf, while the bread is still warm. Tear it lightly and quickly into convenient sized pieces, and bake them in a slow oven till they are brown and crisp, the rougher the pieces of bread the better, they should not be too large.

**Bread Salad.**—Take five slices of stale home-made bread, cut off all crust, and cut the slices into dice; put them into a bowl with four tablespoonsful of oil, toss lightly till the oil is absorbed, then mince the following:—Three small pickled onions, three hard-boiled eggs, and a medium-sized branch of pickled cauliflower. Cut up one boiled beet into small diamond-shaped pieces; pepper and salt to taste, mix all lightly together, arrange neatly on a flat dish with a border of cress free from stems, sprinkle a very little vinegar over all and serve. Excellent with cold roast mutton. For a change try equal parts of white and Boston brown bread.

**Bread Soup.**—Put some crusts of bread, nicely cut, into a tureen, then pour in enough broth to soak them well. Just before serving up fill the tureen, adding, according to your taste, any well-boiled vegetables. Be careful not to boil the bread with your soup, which takes from its flavour.

**Barley Soup.**—Put in a saucepan a fowl, half a pound of pearl barley, half a pint of stock, and the same quantity of water, seasoning to your taste. Boil over a slow fire till the barley is perfectly done; then take out the fowl, and if the barley broth is very thick, thin it before serving with some hot stock. This is a favourite dish in Germany, where they send up the fowl in the tureen with the soup.

**Breakfast Cakes.**—Rub two ounces of butter into a pound and a half of flour; add a pinch of salt, three well-beaten eggs, two tablespoonsful of powdered sugar, and a pint of milk. Beat the mixture very thoroughly, and bake it in buttered tins about an inch deep. Half an hour in a good oven will bake the cakes.

**Breakfast Salad.**—Scald two ripe tomatoes, peel off the skin, and put the tomatoes into cold water or on ice, strain, and either slice them or cut them into sections as you would divide an orange; peel and slice very thin one cucumber; put in a salad bowl a few leaves of Roman lettuce; add the tomatoes and cucumber, add one sprig of onion cut up, and pour over the salad a plain salad dressing.

**Breast of Veal, Collared.**—Take a breast of veal, and bone it, and wash it, and dry it in a clean cloth; then shred thyme, winter savoury, and parsley very small, and mix it with salt, pepper, cloves, mace, and nutmeg; then strew it in the inside of your meat, and roll it up hard, beginning at the neck end; tie it up with tape and put it in a pot fit to boil it in standing upright. Boil it in water and salt and a bunch of sweet herbs; when it is boiled enough, take it off the fire, and put it in an earthen pot, and when the liquor is cold pour it over it, or else boil salt and water strong enough to bear an egg, and when it is cold pour it on your veal. When served, cut in round slices.

(To be Continued.)

Tobaccoists.—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.





—:O:—

THE redstart (*Ruticilla phaniceus*), derives its name from its red tail, *steert* being the Saxon for tail. It has a peculiar vibration of the tail, by which the young birds may be distinguished from young redbreasts, which they closely resemble. It is a handsome little songster, alternately shy and familiar, at times choosing the most retired and sequestered spots, and at other times building in the wall of an inhabited house. Its song, though pretty, is composed of few notes, but it is very imitative, and will sometimes learn the song of a green warbler, or lesser white throat, and can be taught to pipe a tune almost as well as a blackbird.

It is very tame in captivity, and becomes much attached to those who feed it. When wild it has a habit of darting in and out hedge-rows, showing off its pretty colours. Still it is timid, and quick to detect the approach of danger. They visit England early in April, and leave in October. Wild, it feeds on insects, ants and their larvæ, flies, moths, house spiders, caterpillars, and beetles. It builds a loosely-made nest of roots and grasses, with some feathers and hair; the eggs, from five to seven in number, are apple-green in colour. As soon as the tail feathers appear, the nestlings hop out on to the boughs of any bush or tree that may be closely adjoining, the parent bird feeding them until they are old enough to look to themselves.

It is a native of all Europe and the temperate regions of Asia. It prefers mountains to plains, and is often found on bare chalk hills, also on rocks in the woods, and in towns and villages perched on towers, churches, castles, &c. During spring and autumn it frequents hedges. Its song may be heard in the beginning of April. About mid-October it congregates in small flocks and flits. It has a great peculiarity—it sings during the whole period it is with us, even in the roughest weather. It is at times heard piping its liveliest perched on a weathercock.

In confinement it should be kept in a nightingale cage, or, if tame, in a pagoda, when its handsome plumage can be seen to advantage. If intended to be kept over a year, it must be fed like the nightingale. The black-breasted redstart, or black redtail, is a very rare bird in this country. Yarrell only mentions five specimens as having been taken—one in October, 1849, mentioned by Gould; the fifth shot near Bristol, when flying about some furze with stonechatters. The Prince de Musignano, while at sea in 1828, 500 miles from Portugal, and 400 from Africa, caught one in the rigging of the ship, the wind blowing strong from the east.

They seldom live long in confinement, the utmost being six years, but the average is from two to four. Sweet says:—"One I possessed some years ago learnt to sing the Copenhagen waltz, that it had frequently heard sung, only it would sometimes stop in the middle of it and say *chippit*, a name by which it was generally called, and which it would always repeat every time I came into the room. In winter it would generally begin singing in the evening as soon as the candle was lighted. When it was hung out by the door in its cage the sparrows would often come round it, of which it seemed particularly fond; it learned their note, and would chirp and call them so exact that anyone who did not know to the contrary would have supposed it to be the sparrow chirping."

There are one or two others of the same tribe, such as the blue-throated warbler, and redstart, very common in Europe, but seldom seen in England.

We now come to a very interesting member of the family, the hedge accenter, hedge warbler, titling, dunnoek, or shufflewing (*Accenter modularis*), for by all these names it is known in England, commonly called the hedge sparrow, though it is not a sparrow of whom the poet says:—

"The sparrow, with her little plumage, flies  
While the proud peacock, overcharged with peas,  
Is fain to sweep the ground with his grown train  
And load of feathers."

It is a very common bird found all over Europe. Its song is low and sweet, but Bechstein says—"The dunnoek, though an agreeable addition to the aviary, on account of its loveliness, cheerful disposition, and pleasant song, has no pretensions to the name of the tree nightingale, by which it is sometimes called in Germany. Its song is simple. It is subject to the small-pox. When the disease was prevalent in my neighbourhood, one in my possession took the complaint, and though by help of poppy seeds and ants' eggs it recovered, its tail fell off, and never grew again. They are also believed to suffer from chilblains."

It should be allowed to range the aviary, perching at night on a pine branch, or in a corner separated from the room by a grating, or may be confined in a nightingale or canary's cage. The young may be reared without difficulty on bread and poppy seed soaked in milk. Bechstein says—"When tamed, both male and female use every effort to build a nest, and the females not only lay eggs without the male, but even pair with the redbreast."

The wren has several varieties. It is spoken of by Drayton as—

"The hedge sparrow and her compeer, the wren,  
Which simple people call our lady's hen."

Chester speaks of "the little wren that many young ones brings," while Sir Toby Belch, on the entrance of Maria, cries, "Look where the youngest wren of nine comes." This is often quoted to show Shakespeare's accuracy in ornithological details.

We have the reed wren, willow wren, and others. The first is found all over Europe where there are reeds and rushes, up and down which it is constantly climbing. It has a very pleasant song, but is a very delicate bird in confinement. In a wild state it feeds on aquatic insects, but will at a pinch eat berries. In confinement it must be put in a nightingale cage, and be fed on nightingale food mixed with insects. A nest of these was once found fastened up to the side branches of a poplar tree that grew a little distance from the river in Broomhouse-lane, Fulham. The willow wren, if placed in an aviary, should be occasionally let out to catch flies, of which it is very fond. Wherever there are plants infested with any kind of aphids there the willow wren is sure to be, often quarrelling and flying after one another.

We have further in the category the hedge warbler. This bird is common in many of the marshy parts of England, but rare in Scotland. It arrives in April and departs in October.

Says Sweet, in alluding to it, "This pretty little species is very plentiful in the neighbourhood of London, which it visits the beginning of April and leaves again in September, frequenting the sides of rivers or any ditches where there is a thicket of reeds or sedge, in which it builds its nest, and is almost continually in song both by day and night. It is readily caught in a nightingale trap, baited with a living green caterpillar or a butterfly, as in a wild state it feeds entirely on living insects, almost all sorts of flies, small moths, and butterflies, besides various sorts of caterpillars and other small insects."

When caught it should be placed in a large cage or aviary with some other small birds, and must at first be supplied with some sort of insects. When the bird has found them out they should be put in a little pan, add bruised hempseed and bread, with some bits of raw green-meat with some insects stuck to it, when it soon learns to feed on it freely. The yolk of an egg boiled hard may be treated in the same way. They may be allowed to wash freely in summer, but once a week is enough in winter. The "Illustrated Book of Canaries" (Cassell and Co.) says: "Being very difficult to 'meat off' if full grown when caught, it is preferable to rear this bird from the nest, when it should be fed upon the same food as the young nightingales."

(To be Continued.)

CONTENTMENT is a good thing until it reaches the point where it sits in the shade and lets the weeds grow.

## THE DOG.

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THE mission of the Mount St. Bernard dog is to save life. These heroic dogs are amongst the largest of the canine race, and have a reputation all over the world for benevolence and daring courage. His instinctive faculty is that of saving life in snowstorms. Saint Bernard de Menthon established this breed of dog, being the founder of the monastery situated on the summit of the Alps.

"The peculiar faculty of the dog is shown by the curious fact that if a whelp of this breed is placed upon snow for the first time it will begin to scratch it, and sniff about it as if in search of something. When they have been regularly trained they are sent out in pairs during heavy snowstorms in search of travellers who may have been overwhelmed by snow. In this way they pass over a great extent of country, and by the acuteness of their scent find out if anyone is overwhelmed by a snowdrift. When it is considered that Mount St. Bernard is situated about 8000 feet above the level of the sea, and that it is the highest habitable place in Europe, and that the road that passes across it is constantly traversed, the great utility of the dog is sufficiently manifest. Neither is the kindness, charity, and hospitality of the monks less to be admired than the noble qualities of the dog."

Miss Hales tells the following anecdote of a dog named Thunder, who was brought from the St. Bernard when a few months old.

"He is so exceedingly good-natured, and has so much of the real Mount St. Bernard disposition, that he has been frequently seen saving little chickens, which had fallen into his pan of water, which was very deep, and, instead of taking them into his mouth to lift them out, as one would naturally expect, he puts his nose under them, and lifts them out most quietly."

"I have often seen him doing this, and so have others; and sometimes when I have passed his kennel, and stopped to notice him, I have observed him looking at me and then at something on the ground to attract my attention to it, and I have found it to be a poor little chicken half-drowned, which he had just saved from his pan, and that he was anxious I should take up and dry."

"He always allows the chickens to help themselves to his food before he takes it himself, but when he thinks it is time he also should have some, instead of frightening the chickens away he takes the can by its handle and walks inside his kennel with it."

It is more important to understand the management of dogs than to be possessed of a thousand remedies for the cure of his various ailments, inasmuch as the antidote is oftentimes preferable to the cure.

"I shall first throw out a few hints on the management of pets. Whilst many are sacrificed for lack of the necessary attendance, there are thousands who perish prematurely from over-doses of kindness."

Delicate breeds of dogs require certainly great care and attention in rearing; but overstrained tenderness is often worse than culpable neglect. The dear little creature that is allowed to lay under the stove, is stuffed with delicacies two or three times a day, and is never allowed to breathe the fresh air, except under a cloudless sky, is more subject to colds, fits, rheumatism, sore eyes and ears, than the worthless mongrel which was raised in the street neglected, despised.

The tenderly-nursed pet is affected by every change of atmosphere, and subjected to a number of diseases unknown to the dog that has been hardened from his birth. I ask you neither to stuff, nor starve, chill, nor burn.

A house pet should always have a sleeping place allotted to him, warm and comfortable, not near the fire, nor in the damp. Anything round is best for an animal to lay in, such as a tastefully ornamented box.

In cold weather it should not be larger than to contain him comfortably. It is best for the following reasons—he may keep himself perfectly warm, and his bed may be made exactly to fit him. It also takes up less available space than any other shape. He should never be fed to the full, neither excited to eat when he feels disinclined.

Lack of appetite, so common to pampered



favourites, is generally the result of an overloaded stomach and disordered digestion. This is easily cured by medicine, but more safely and simply without it. Fast him for twenty-four hours, after which keep him on half his ordinary allowance. If this agrees with him, and he keeps in fair condition, continue the regimen.

Nursing in the lap is injurious, not in itself, but the animal is subjected to constant chills, in emerging from a snoozy warmth to a cold carpet or chilly bed. A dog accustomed to the lap is always shivering after it, and renders himself quite troublesome by his impudent addresses.

A moderate share of nursing is well enough, and should be indulged in only as an occasional treat.

Great care should be taken in the washing of delicate dogs. When this operation is performed they should be covered, and remain so till the shivering has completely subsided. The water should be only blood warm, it is far better than hot, and not so likely to give the animal cold. Injudicious washing, bad drying, are productive of sore eyes.

Once a fortnight is often enough to wash any dog but a white one. Washing has very little effect in the destruction of vermin. Fleas can live some time under water, which will only make them bite the harder. The animal should be well sodden with soft soap, and washed about ten minutes after. This cannot be done with safety except in warm weather. In cold weather, the comb may be immediately used after the application of the soap, as the fleas will then be too stupid to effect their escape. Persian insect powder destroys all vermin instantaneously, without risk of injuring the animal, and the quadruped may be rinsed one minute after.

No fleas will remain alive, the skin will be thoroughly cleansed, and the coat beautiful. Dogs should never be allowed to be tormented by these detestable vermin. If the owners could only realise the importance of ridding them of these ever-noisome pests, there would be far less of snappishness, mange, fleas. The dog is sometimes literally worried to death by fleas; besides, who would not for his own personal comfort rid his immediate vicinity of a worthless mob of blood-suckers awaiting the first opportunity to regale themselves on human blood? If your dog lies on straw, burn it once a week, as fleas harbour and propagate in the lobes of the straw. If the bed be carpet or anything similar, let it be often cleansed.

(To be Continued.)

## Cookery for the Million

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### POULTRY.

**TURKEY.**—There is a quaint adage that says:

“Turkey roast is turkey lost;  
Turkey boiled is turkey spoiled;  
But turkey braised is turkey praised.”

However, here are directions for roasting and boiling. A roast turkey may be stuffed in various ways, a veal stuffing being the most common. Where truffles are to be had, take about 2 lbs., peel them, select the small ones, and, after chopping, pound them in a mortar with an equal quantity of the fat of bacon rasped; make the stuffing with this, mixed with some of the larger truffles whole, put them into the body of the turkey, and let it hang for several days; then roast it with a piece of fat bacon laid over the breast, and a paper over that. This being an expensive preparation, chestnuts may be substituted for truffles, pounded and mixed with bacon in the same manner. The chestnuts should be boiled, if necessary, to take off the husk, peeled nicely, and pounded. Raw chestnuts will impart the finer flavour. A stuffing of sausage or other meat may be put into the crop besides; but the chestnuts should be hung up for some days, and the turkey served with chestnut sauce. Peeled and boiled chestnuts, put whole into the body of a turkey and hung for some days, improve the flavour; but a turkey thus stuffed will require long and careful roasting, and must be put at first at a distance from the fire. Fowls may be dressed in the same way.

**TURKEY WITH SAUSAGE-MEAT.**—At the messes of European regiments in India it is no

uncommon thing to bone a turkey and a fowl, and put one inside the other, filling the interstices with sausage-meat, a small pig being killed for the purpose. A turkey thus prepared will take a long time roasting, and must be placed at a great distance from the fire at first. When carved, the slices should be cut quite through; and epicures aver that it is one of the finest dishes that come to table.

**BOILED TURKEY.**—Fill the body of the turkey with oysters, and let it boil by steam without any water. When sufficiently done, take it up, strain the gravy that will be found in the pan, and which, when cold, will be a fine jelly; thicken it with a little flour, add the liquor of the oysters intended for sauce, also stewed, and warm the oysters up in it. A fowl may be boiled in the same manner, and, if there should be no steam apparatus, a small one can be put in a jar and immersed in a kettle of water. Should a fowl or turkey prove of a bad colour, smother it in sauce, celery sauce, or any white sauce. Pepper fowls and turkeys in the inside, and when roasted baste them well with butter. A small hen bird boils better than the larger sort, and may be stuffed in a variety of ways—with herbs like veal stuffing, or sausage-meat, or chestnuts and bacon, and it may be served up with celery sauce, plain white sauce, or both. Boiled fowls should be very young and white-legged to cook well. They should come to table very plump, and as delicate as possible. White sauce is the most fashionable accompaniment, the old method of dishing with parsley and butter being on the decline; but as parsley still maintains its ground with many people, it is advisable to boil a sufficient quantity, press and chop it, garnishing the dish with small mounds thus prepared, which may be mixed at table with the white sauce by the guests who like the flavour of parsley. Liver sauce is sometimes served with boiled fowls.

**BOILED CHICKENS.**—Chickens should be plump, and very nicely boiled; if wanted to be particularly good, they must be boiled in a *blanc*. It is the fashion to send them up with tufts of cauliflower or white broccoli, divested of stem and leaves, and white sauce. Take a young fowl, fill the inside with oysters, put it into a jar, and plunge the jar in a kettle or saucepan of water. Boil it for an hour and a half. There will be a quantity of gravy from the juices of the fowl and oysters in the jar; make it into a white sauce with the addition of egg, cream, or a little flour and butter; add oysters to it, or serve it up plain with the fowl. The gravy that comes from a fowl dressed in this manner will be a stiff jelly the next day; the fowl will be very white and tender, and of an exceedingly fine flavour—advantages not attainable in ordinary boiling—while the dish loses nothing of its delicacy and simplicity.

**ROAST FOWL.**—Having cleaned the fowl, put into the inside a piece of butter the size of a hazel-nut or walnut, according as the fowl is large or small; make the butter black with pepper, and sprinkle a little salt upon it. This will greatly improve the taste of the fowl, rendering the whole more juicy, and particularly the back and side bones, which are so apt to be dry.

**GOOSE.**—It is so important to make goose stuffing in the mildest way that the directions given for pork are here repeated. Boil the sage and onions, mix them with rather more than an equal quantity of bread-crumbs and a chopped apple. Bind altogether with a little milk or an egg. When dishd, open the body and pour in a glass of port wine, with a spoonful of made mustard, or a glass of vinegar, should wine be thought too expensive; this will take off the strong greasy taste which is found in a large Michaelmas goose. In Ireland geese are sometimes stuffed with potatoes, the whole body being filled with them either whole or mashed. In Guernsey they are stuffed with apples pared and cored. Both these methods afford an agreeable variety. Apple-sauce and gravy are sent up with geese in separate tureens. Green geese and young ducks are roasted without any stuffing, being merely peppered on the inside. There appears to be no good reason why ducks should not be accompanied by apple-sauce. A lemon squeezed over a duck or a goose is a great improvement.

**WHEATEARS** may be dressed in the same manner as the larks, or, when trussed for roasting, brush each bird over with the yolk of an egg, or, what is better, dip them in an omelette, that is, the white and yolk beaten together, with a spoonful of milk; roll them in fine bread-crumbs, and spit them on a wooden or silver skewer, a dozen upon each. When spitted, brush them again with the egg, and dredge them with the bread-crumbs; tie the skewers upon a spit, and roast them before a brisk fire, basting all the time with fresh butter—they will take about twelve minutes.

## A WAYSIDE DAINTY.

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I HAVE a vivid recollection of a wild rabbit prepared *en gibelotte* in a pretty little inn at Celle St. Cloud, near Paris. This wayside place of refreshment is in the hollow at the cross roads, and is a rendezvous de chasseurs, who are allowed to shoot in the adjacent woods. The house in itself is, in early spring, a picture, with the wealth of lilac and laburnum that is trained on the front and gable. I saw the landlady there operate on a wild rabbit which was ordered to be served *en gibelotte*. The kitchen maid dissected it for her. She began by frying in a copper saucepan about half a pound of streaky salt pork cut up in little squares. When it was browned she discarded the grease, washed the pork in hot water and laid it in a plate close at hand. The saucepan was also washed and wiped. This done, the rabbit and a lump of butter were thrown in and set on the fire, where they remained until the flesh was white and firm. It and the gravy that it had made were put away with the squares of pork. A large handful of small onions were next browned in more butter. The onions being withdrawn, flour was thrown on and quickly stirred for a few minutes. When this operation had been gone through, the rabbit, pork, and a few of the onions were put back in the copper. Red wine was poured very slowly over them with one hand, and the wooden spoon kept in motion with the other. The few onions were to give flavour to the sauce, and had, for their auxiliaries, a *bouquet garni* composed of sprigs of parsley, a sprig of chervil, a soupçon of tarragon, a branch of thyme, and a bay leaf rubbed with garlic. Small, round, neatly pared mushrooms from which the stalks were not separated, went in with the bulk of the onions about five minutes before the *gibelotte* was served. They appeared in the dish round and almost firm, but not with a raw taste. As to the mushrooms, they too were in their original shape and ate short. They had been first steeped in cold, and then rapidly boiled in hot vinegar and water, a precaution against any venomous substance they might contain. The aroma of this *gibelotte* is still in my nostrils.

## A NEW RECIPE.

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Do you wish a new recipe—simple, delightful—Breakfast, dinner, or supper appropriate for, Whose components can always be found in the pantry,  
Requiring no visits to cellar or store?

A blessing 'twill prove when you're late with your breakfast;  
When children are fractious or fretful, or Will Brings home a choice friend from the city, to dinner,  
And the partridge won't brown, and the kid-neys won't grill.

Take a gill of forbearance, four ounces of patience,  
A pinch of submission, a handful of grace;  
Mix well with the milk of the best human kindness;  
Serve at once with a radiant smile on your face.

Pray try this new recipe, much burdened house-wives,  
It's sure to turn out a most perfect success.  
It's name? why, *Good Temper*—O, rich boon from Heaven,  
Our souls and our spirits to comfort and bless!



## HEALTHY AND COMFORTABLE HOMES.

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### CHAPTER II.

#### HOW TO BUILD, BUY, OR RENT A HOUSE.

WHEN a man undertakes to build, buy, or rent a house his first consideration should be health, even before comfort. As a rule, with a few judicious pieces of management, that will follow.

There are few subjects among those which come under the daily notice of any intelligent member of a community claiming attention with force and energy at all to be compared with those which bear upon and have close relation to the question of health.

*Private health* is daily thought of and inquired after with more or less of true solicitude, and, to go no further for evidence, the stereotyped mode of greeting, the earnest asking after the state of some loved one—the centre or ornament of a household—all acknowledge the interest and tell of its universality.

Public health is, however, quite another thing. Who concerns himself about the health of his neighbour, whose very name he scarcely knows? Who cares for the sanitary state of this house or that street, situated comparatively near, or distant, as it may seem, far enough from his own special residence?

A very sad testimony to the indwelling selfishness of the large majority, yet this very selfishness should ask for, nay, should compel an active interest in the condition of the locality, and why?

Because the interests of all who live near to each other are identical; because disease is no respecter of persons—once housed in some wretched tenement may readily pass to the rich man's house, there to find frames less able to resist the onslaught even than the inhabitants of the first attacked cottage.

Individuals, especially those of influence, have a double duty to look after themselves and to see that their weaker neighbours be also looked after, which can only be done by the promotion of a "healthy" public opinion.

The first requisite to make a healthy home is to secure a site dry and not malarious, and an aspect which gives light and cheerfulness, and a construction of the house which shall ensure perfect dryness of the foundation, walls, and roof.

The site should be as high as may be, not, however, on the very top of a hill, for then it will be very much exposed to winds, and very much affected by casual changes of temperature. One requisite, if possible, is shelter from north and east winds, and this can best be obtained either by taking advantage of the natural form of the surrounding country or by careful planting of rapidly-growing trees.

Immediately around the building, an unoccupied space should as far as possible be left to permit ready change of air, and the trees, when planted, should not approach too closely, while outbuildings should have distinct breaks of roofs in their greatest length.

If possible, a clay soil, and any soil which is retentive of moisture, should be avoided. Should any of these water deposits exist beneath the house, the superjacent structure will be prone to damp. All soils have a tendency to give off in watery vapour the fluids they contain, and tend to the transmission of gases of all kinds often from a considerable distance, and these gases may be of the foulest and most unwholesome description.

Who has not heard of disease panics, the cause of which was at first unsuspected? On examination it has often been found that houses near large towns have been erected on a foundation (an accumulation it should be called) of cinder refuse and organic matter undergoing decay.

How careful the ancients were to avoid damp may be seen by reading a report of some excavations made on the site of the Temple of Ephesus. A lecturer at the Royal Institution says:—"The layer of charcoal, which, by the advice of Theodoros of Samos, had been laid under the foundations to prevent the damp rising, was still visible in several places under the lowest course of masonry. As these foundations were laid about 560 B.C., the charcoal has remained in its original position ever since."

In exposed situations a double wall is of much

value, stone and brick outside, brick inside, with bands of similar material at frequent intervals, tying the two together—this proving an effective protection against the entrance of driving wet, as well as against the cold of winter.

Whenever practicable cellars should be made, as they are not only convenient for fires, but are also a great sanitary safeguard to the building. These places must have damp-proof floors, and such arrangements of windows and loopholes as will ensure perfect ventilation. If there is no cellar the house must be raised quite two or three feet above the ground level.

Much may be done even in old houses to improve their sanitary condition by covering the ground area within the walls by an impermeable coating, and over this relaying the floors carefully.

The English climate is such that we require during two-thirds of the year additional warming power. We obtain this chiefly by burning coal or wood in open fireplaces—radiated heat.

This is not only the easiest, but probably the healthiest mode of supplying heat, and for moderate sized rooms the open fire-place answers very well; for large and long rooms not so well, for the heat thrown out at any given point in the room diminishes as the square of the distance from the fire increases.

One condition of open fireplaces is that there shall be an open chimney, and this is of essential value as a means of freeing from foul air the general atmosphere. Most modern fireplaces have one fault, that of being set too far back under the chimney, and three-fourths of the heat generated, therefore, going up the chimney, to say nothing of unconsumed coal.

Count Ramford, a great authority, sets down the following rules:—"Width of the back of the grate should be one-third the width of the hearth recess, the sides then sloped out to the front of the recess; the depth of the grate from before backwards to be made equal to the width of the back; sides and back to be made of non-conducting material; chimney throat to be constructed so as to lessen the draught and secure more complete combustion; grate to be brought forward as far as possible, but still under the throat."

An improvement in the arrangement of the back consists in bringing the lower portion forward in sloping form, so as to make a chamber at the bottom, and thus to ensure the thorough burning of the fuel; the warmth given off is increased, and the quantity of coal consumed is decreased.

Fireplaces are usually made as above described, with iron work in bars and floor, and with brick-work or fire clay lumps behind and at the sides; or they are made wholly of iron and constructed to fit the recess.

Of the two plans the first is much the better from a sanitary point of view—more heat is given off and the warming is more thorough; the chimney opening is not narrowed above and blocked by the very objectionable registers at the back of the stove; while it is only fair to add that the latter will be found to carry the palm in point of appearance.

In passages, corridors, and large rooms, it is often necessary to supplement the radiated heat by introducing a further supply of air by which has been raised to the necessary temperature by passing over heated iron as in gill stoves, or over pipes heated by hot water. But in every case we must provide special openings to ensure the free admission of air from the outside.

Unless this be attended to, the air of the house comparatively unchanged, and heated over and over again, becomes unpleasant in odour, improperly dry, and so altered in composition as to be seriously injurious to health.

Gas may on occasion be employed as a means of warming. But direct and well-fitted channels must be provided to carry off the waste products of the burning into the external atmosphere, and the air necessary for the combustion must be brought direct from the outside. This being done, fresh air, warmed by being passed over the heated framework of metal, may be delivered into the house.

Whenever it is practicable, chimneys should be placed in the interior of the dwelling-house, not on the outer wall; the heat of the ascending air and smoke currents will be sadly wasted if this detail is not attended to.

The size and arrangement of the different rooms of a dwelling-house is an important detail.

Any rules laid down may not be distinctly applicable to old houses, but much may be done by judicious repair and alteration to make old houses better than they now are.

We speak, as a rule, of the average middle-class house, with the divisions into separate rooms which have been found desirable and convenient, yet the remarks apply with equal weight to a mansion, a house of moderate size, and a cottage.

The cottage, with its two or three separate rooms, will prove, in the majority of cases, the most healthy residence, for in direct relation to the number of rooms, to the complication of arrangements, and to the number of inmates, must be declared to be the risks of insanitary arrangements; and the mansion, unless well cared for, is, from its very conditions, likely to prove a far more dangerous residence than the simple dwelling of the labourer and artisan.

All the separate chambers of any house should have windows in their outer walls, or, in other words, light must pass directly from the outside into each room, and not be obtained indirectly from any passage or other enclosed space.

The living rooms should, if possible, face south or west, south-east or south-west, and, when it can possibly be avoided, rooms for constant occupation should never have their direct outlook only to the north. The time in which the sun in these latitudes is too powerful is limited, and simple means can easily be employed to remedy against any discomfort; the protection of blinds, which can be fixed within or without, will be quite sufficient to counteract this temporary evil.

This rule is particularly important where children are concerned. As they are for the longest time resident within the four walls, they are the best guide to the satisfactory sanitary condition of any house, but their resisting power to depressing influences is distinctly inferior to that possessed by those of maturer years. Do not, then, allow children to live in and occupy rooms with a northern aspect; and do not, in the instance of a house with more than two stories, banish them to the upper landings.

Windows should be of fair size throughout, and should be so placed as to be easy of access, and not so high in the walls as to prevent the occupants of each room readily seeing through them; in the case of bedrooms, especially, it is very desirable that the upper margins of the windows should extend well up and quite near to the level of the ceiling, so as to prevent the existence overhead of a stratum of heated and spoiled air, for the rapid exit and removal of which no provision is usually deemed to be necessary.

Recessed windows are inadvisable. In side streets of towns, where it is difficult to obtain a proper access of light, the following suggestion of the late Sir David Brewster may be adapted with success:—"Place the window frame flush with the external wall, and substitute, for some at least, of the usual clear panes roughly-ground glass. Every irregularity will simply serve as a point for the reflection of the rays of light, and rooms and passages so fitted will be much better lighted, more convenient in use, and more healthy."

When we come to the servants' offices, we find ourselves in a strange position. There are servants and servants. The servants of the middle classes are fed and lodged in a different way to those of the rich and prosperous. To begin with, however, we will devote ourselves, first, to the middle-class servant, or maid of all work, who, for small wages, lodging, and food, does the work for an entire family. In a small house, containing seven or nine rooms, the servant has generally a small kitchen, a scullery, and a cupboard or pantry.

It all depends on the servant's attention whether the place shall be healthy or unhealthy. Some servants can be trusted to look after these matters, but model servants are as scarce as model mistresses, and the lady of the house should always take care to keep a watchful eye on everything.

(To be Continued.)

The very best and most attractive sort of useful work is the darning work on bed and table linen; this is not only beautifying but makes the fabric more enduring. White linen flannel is used for this purpose, and the outlined figures should be well defined.



# HOUSEHOLD MANAGEMENT

## WOMAN IN THE HOUSEHOLD.

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### FOR TEA-CUP TIME.

TEA-LOVERS are a universal brotherhood and sisterhood of humanity.

When, in his days of enthusiasm, Matthew Arnold went to render tribute to Georges Sand, "She made me sit by her," he wrote, "and poured out for me the *boisson fade et mélancolique*, as Balzac calls it, for which English people are always thought abroad to be thirsting for tea."

More in sympathy with the great panacea is another representative Englishman, Mr. Thomas Hughes—"Pray, haven't you a kettledrum in America?" he asked of a lady of New York. "For my part I pity the people who don't have a kettledrum. In England the men go in for it quite as much as the women. To me it is the pleasantest hour of the twenty-four, this hanging around with a tea-cup for a little informal chat towards five o'clock."

No doubt the present passion for five o'clock tea is a sort of outgrowth of the china mania, so delightfully shown by the æsthetic Algeron and his austere bride in their rapture over a newly acquired six-mark tea-pot.

There is no limit to the range of our tea-tray collections; they embrace Davenport, Longwy, Crown Derby, and Minys, Tokiyo and Dresden, Minton, Spode and Copeland, Sèvres and Etruria. Cups and saucers of every shade and family meet together in the symposia of to-day. And sweeter far than honey of Hymettus is the draught of the Chinese nectar sipped by a collector in the sight of her china-loving friends from a fragile cup of which she knows no duplicate. Upon the five o'clock tea-table this dainty equipage is supplemented by one as rare and rich in silver.

If you have inherited an English service, glittering white, and hammered into a charming shape of bygone art, so much the better.

Marshal in array, as only women's fingers can, the cheerful, hissing urn, the tea-pot with queer little strainer hanging to the spout, the liberal dish of sugar-lumps, the slender jug, bearing in mind Dr. Holmes' two sprightly maxims, "Cream is thicker than water," and "Large hearts never loved little cream-pots." The sugar-tongs, thin, graceful, lustrous, with golden claws, the spoons attenuated through years of honourable service, and sporting half-obiterated crests.

Forget not the tea-caddy, modern or antique—an article on which fashion just now lavishes much extravagance.

Nor omit the porcelain platters, bearing wafer-like slices of buttered bread.

For the table, rest happy if you have an immortal Chippendale. You may yet rest content with the expanse of a ruddy old spindle-shanked Santo Domingo mahogany of colonial days, cloven-footed, and polished to a lustre which reflects the flickering shapes of a hickory fire in Walpurgis dance.

The new folding tea-table in ebonised wood, with leaves that let down when not in use, is most convenient; and the many square and trefoil tables scattered about modern drawing-rooms are employed to hold a cup at the elbow, perchance, of some nervous or emphatic guest, to whom is tremblingly consigned the egg-shell treasures of the hostess.

The tea-cloth is a subject for profound consideration. It may be used either to cover tray or table, and is commonly a square of virgin lawn, fringed with lovely drawn work borders, or with Japanese designs of fans, vases, and tea-cups, outlined in fine blue filloselle around the edge, or else worked all over with sprays of forget-me-not, cyclamen, honeysuckle; in finest crewel stitching.

Group around this central point a few comfortable chairs, a Market Harborough, with grey cushions and cardinal satin bows; or an "Oxford," with square, low seat; draw up that quaint mahogany settle, with the delicately carved back and plush cushions, silver-grey

with age, light and graceful, and yet substantial enough to rob sitting down of all terrors to the stout. Kindle the soft stars of candle-light on sconce and mantel-shelf; put a crimson shade over the too brilliant lamp near by; permit your wood fire to sink into the glowing stage upon the tiled hearth; set afloat the breath of fresh-plucked violets in your room; and, last, not least, see that the kettle boiling be. This will complete the spell lingering around that enchanted spot—the five o'clock tea-table.

### ORANGE BLOSSOMS ON THE TEA-CLOTH.

One of the prettiest bits of tea-table luxuries is a tea-cloth of crimson linen two yards long and one wide, and the ends richly ornamented with bunches of chain work and fringe. At either end squares were indicated upon the linen by a delicate arabesque of gold-coloured filloselle. Across the squares strayed graceful boughs of orange, both flowers and foliage outlined in soft groups of green and yellow.

### QUEEN CHARLOTTE TEA-TABLES.

A new table for five o'clock tea has been introduced to the devotees of that beverage in England, which has, to loyal eyes, a double charm, in that it was copied from an original belonging to one Queen, and is generously sanctioned by another.

A porcelain tray with tea-set to match, of Queen Charlotte's time, is made to rest upon a stand of ebony and gilt, so well balanced, and running so easily upon castors, that it may be rolled from spot to spot in the drawing-room without fear of upsetting. Between the four supporting pillars of the base a jug for hot water may be placed. The first one of these tables ever made was presented to Queen Victoria at Windsor.

It is difficult to conjure up a vision of tea-drinking ease in connection with the stiff little Queen Charlotte, who stood herself, and kept all her ladies standing, victims to etiquette until they fairly fainted from fatigue. Let us hope poor Fanny Burnie and her fellow-sufferers in that dreary Court enjoyed the occasional relaxation of an hour by such a table as this, where, as Thackeray says, they might cackle over their tea in comfort.

### TREFOIL TABLES.

Although no longer new, these tables are still used to hold odds and ends in china in the drawing-room. One of them, covered with dark stamped velvet, had a deep fall of large patterned Irish crochet lace; a band of velvet around the upper edge was secured by ornamented headed nails. The lace should have been lined with blue to produce a rich effect.

### FIVE O'CLOCK TEA-TABLE IN SQUARES OF PLUSH OR LACE.

A tea-table, with a cover of pomegranate plush squares, embroidered with pale blue silk and crewel sprays, alternating with squares of guipure d'art, closely brodered down by overlapping stitches of green crewel.

The legs of the low square frame covered with pomegranate, which with the top was bordered with a fall of guipure d'art.

### A TWO STORY LAMP TABLE AT A SMALL COST.

One of these convenient lamp tables, with a shelf beneath to contain books, was added to her sitting-room by an economically-disposed young woman. Finding that great desideratum, a cheap carpenter, she had a rather high, substantial pine frame made by him at a very reasonable price.

Four yards of olive green velveteen were used to cover it, a piece of work neatly and successfully accomplished by the owner, with the aid of only a hammer and a paper of tacks. Ten strips of velveteen lined with silesia were somewhat slashingly decorated with sunflowers and leaves in appliqué work, worked down with crewels, the petals cut from mandarin yellow cloth, the leaves from the shades of green cloth contrasting with the background. The lower edge of these strips was simply turned in with the lining, and left untrimmed, then the strips were tacked round the top on the wrong side and turned over, also around the lower shelf, including the legs, already covered with the green velveteen. The result was a lamp table in the latest fashion. The same idea was carried out in chintz for a bedside table.

### DECORATION OF THE DINING TABLE.

It is impossible for the average female mind to confront unmoved the delightful possibilities to-day afforded by the service of the dinner table. Times have changed since the mistress of a household was wont to sit before her guest or friend, like the daydream of Ichabod Crane, where the pigeons were snugly put to bed in a comfortable pie and tucked in a coverlet of crust, the geese swimming in their own gravy, and the ducks pairing cozily in dishes, like many married couples, with a decent competency of onion sauce. The now universal diner à la Russe, with airy hints, suggestions, innuendoes of ministering to the appetite, has limited each course to one dish offered at a time, with attendant sauce or vegetable.

(To be Continued.)

## THE FAMILY SCRAP BASKET.

—o:—

### INTERESTING BITS OF HOUSEHOLD FACT AND FANCY.

BRAN water is recommended for cleaning matting. For an ordinary sized room place two handfuls of bran in a bag and put it in a gallon of boiling water, pressing the bag so that all the goodness of the bran will be in the water. Dilute this water, and wash the matting with a woollen or crash cloth, drying with another cloth at once.

The new potato, about as large as a hen's egg, and tapering off to the size of a pigeon's egg, goes very quick in the market, not because it is very good, but because it is new. In its half-grown state it is a crude vegetable, about as heavy as a leaden bullet and a little more digestible; but then it is new, and its crudeness is excused.—*San Francisco Bulletin*.

In broiling all meats it is essential that the surface should not be cut or broken any more than is positively necessary. The meat should be exposed to a clear, quick fire, close enough to sear the surface without burning, in order to confine all its juices. If cooked slowly over a poor fire, or seasoned before it is cooked, it will be comparatively dry and tasteless.

### A JAPANESE SALAD.

"Why do you call it that?"

"Because it must have a name, you know." She learned how to make it from her brother-in-law's chef, and confesses to having learned how to cook, as she did "to read, to write, to play on the piano, to draw, to talk English and German, to sing in Italian, to ride on horseback, to skate, shoot, drive, waltz, polk, the cotillon, all with a view to obtaining a husband." It is to Monsieur Maxime Ambery that she gives the recipe.

"You cook some potatoes," says she, "in beef broth; slice them in the same way as for an ordinary salad, and while still warm season with salt, pepper, the best of olive oil, and vinegar."

Maxime.—With Tarragon vinegar?

Annette.—Orleans vinegar is better, but that is not of much importance; the important thing is half a glassful of white wine (Chateau d'Yquem, if possible). A great deal of parsley and other salad herbs cut up very fine. At the same time stew some very large mussels in broth with a stalk of celery, drain them carefully, and add them to the seasoned potatoes, and turn the whole over lightly.

Maxime.—A lesser quantity of mussels than potatoes?

Annette.—One-third less. There must not be enough of mussels to notice their odour. Their presence should not be perceived, nor be prominent. When the salad is ready stir it.

Maxime.—Lightly, lightly.

Annette.—Then cover it with slices of truffles until it looks like the top of a black velvet skull cap.

Maxime.—Cooked in champagne?

Annette.—That goes without saying. Have everything completed in two hours before dinner so that the salad may be quite cold when served.

Maxime.—You might place ice around the salad dish.

Annette.—No, no, no. It must not be hurried; it is very delicate, and its different flavours must be allowed to combine slowly. Was the one you ate to-day good?

Maxime.—Delicious.

Annette.—Well, follow the recipe, and you will have the same result.



# Fireside Novelettes.

—0:—

## A PARTY OF FOUR.

FROM THE GERMAN OF ERNST  
ECKSTEIN.

(Continued from page 121.)

—0:—

How lovely she was! How beautifully her dark-brown hair encircled her faultless brow! And these eyes—these soulful, bewitching eyes! Yes, there was the same fascinating glance that once raised such a tumult in his breast. And not one tint of the charm had faded—on the contrary, it seemed as though the flower was now but in full bloom. Recollection, longing, love, were suddenly awakened in the depth of his soul. And she was now freer than ever. "O, Louise! Louise! how cruel that Fate should thus a second time separate us!" The ball no longer had any charms for him. He hastened to take leave of the lady of the house, and hurried out into the fresh air of a frosty March night. He walked slowly and thoughtfully through the deserted streets without pausing to ask which way or how far he went. Suddenly someone seized him by the left shoulder.

"What the devil!" he cried, shaking off the assailant. "Mind what you are about, my friend!"

"I began to think you were deaf," answered a voice, tremulous with emotion.

"Who are you?" asked Leopold.

"My name is Otto von Fersen."

"The name is unknown to me."

"I am a lieutenant of cavalry."

"From an officer I should have looked for better manners."

"I adapt my manners to the people I have to deal with. Will you be so good as to listen to me?"

"It is too cool to stand still, lieutenant. If you have anything to say to me, be so kind as to walk on with me."

"You must fight me, Sir."

"Fight—you?"

"Yes, fight me. I mean to kill you, Sir."

"The devil you do! You evidently mistake me for someone else, lieutenant. But allow me to observe that in any event you sin against usage. You ought to have apprised me of your murderous intentions through a third person."

"Never mind, Sir, what I ought to have done; but tell me whether you will fight me."

"If I refuse, what then?"

"Then I'll shoot you down on the spot!"

"One 'if' more. If—"

"Sir, don't drive me to extremities!"

"Suppose I do—what then?"

The officer drew a revolver from his mantle. In an instant the stalwart Leopold wrested it from him and calmly put it in the pocket of his overcoat.

"Send your servant for this thing to-morrow, and I will return it," said he. "Here is my card. Good-night, lieutenant."

"Then you refuse me satisfaction?"

Leopold stopped. The light of a street-lamp fell on the young man's pale face. The expression was so unhappy that it excited Leopold's deepest sympathy.

"Tell me, I beg," said he, "what has so

incensed you against me? I have no recollection of ever having met you before."

"You are the destroyer of my happiness. Is that not enough?"

"Pray look at my card. I am sure you mistake me for someone else."

"Oh, I know the accursed name! You are a miserable intriguer."

"There is certainly no danger of misunderstanding you. I will pardon your incivility, if you will tell me, without further delay, how I can serve you."

"By leaving the city at once, never to return."

"I can't do that, lieutenant."

"You must!"

"The city is large enough, I should think, to shelter two of the bitterest enemies."

"But too small for two rivals."

"We are rivals? In what?"

"Can it be possible that you don't know?"

"On my word, I only know that it's bitter cold. Let's go and have a cup of coffee."

The fiery lieutenant looked down for a moment, seemingly lost in reflection, then silently followed Leopold to the nearest coffee-house, where the conversation was continued in an undertone.



THE OFFICER DREW A REVOLVER FROM HIS MANTLE.

"Good Heavens, how you look!" said Leopold, when they were seated.

The officer's reply was anything but good-natured; he could not conceal his aversion for his interlocutor.

"Let us talk this matter over like two rational beings," said Leopold, smiling. "It pains me deeply to see you so unhappy, despite the recollection that you just now tried to blow my brains out. So young and so unhappy! Here, drink this glass of brandy!—So. And now tell me in what we are rivals; for the life of me I can't divine."

"No matter; I must nevertheless insist on my demand. You must either leave the city or you must fight."

"Take another glass of brandy, lieutenant.—Leave the city, must I? But if I tell you that I am on the eve of being married, and—"

"That's precisely it!" stammered the lieutenant. "You shall not marry—at least, you shall not marry my Emma!"

"Oh, ho! now it begins to dawn upon me! You love Fräulein Fabricius, then?"

"More than my life!"

"And does Emma know it?"

"Knows it, and returns my love."

"So, so! this is all news to me. Have you any proofs?"

"Proofs! Look here!" said he, producing a photograph.

Leopold recognised the features of his fiancée. On the reverse side was written, in a delicate hand:—

"To my dearly beloved Otto, with ten thousand kisses.—EMMA."

"Ugh! a pretty clear case. But she never said a word to me about you."

"She's too timid."

"You may be right; but the mother is not too timid."

"The old tyrant! It's all her fault. You are rich, while I have only a modest competence, and then you know how to manage the old woman, perhaps; I don't, for I hate her!"

Leopold took a moment for reflection. The lieutenant sipped his coffee, and seemed somewhat more composed.

"Then you love Fräulein Fabricius sincerely, do you?" asked Leopold.

"With my whole heart!" protested the lieutenant.

"And you will engage to make her happy if I, after due deliberation—"

"How," cried Otto, so loud that he was startled by the sound of his own voice, "is it possible?"

"Let me finish. You see, lieutenant, I am of opinion that the stupidest thing a man can do is to marry a woman who loves another, if he knows it."

"On my soul, a truth that cannot be controverted!"

"Would it be agreeable to you if I should resign my official position, *vis-à-vis* the gentle Emma, in your favour, now and here?"

"Unparalleled magnanimity!" cried Otto, quite beside himself. "You, a man of honour in the highest and noblest sense of the word—are you truly in earnest, or do you mock me?"

"Take another glass of brandy, lieutenant. I am truly in earnest. Emma is yours. In such matters I should be incapable of a jest."

"But her mother

—she will never ratify our treaty."

"Leave her to me; I trust I shall be able to manage her."

"Oh, how shall I ever be able to thank you? Such a sacrifice! Your magnanimity moves me almost to tears!"

"Calm yourself, lieutenant. What I do is very natural. But now listen to what I have to propose."

"I am all attention. *Himmelschockmillionen-donnerwetter!* I cannot realise it. You will excuse the oath, but I must give vent to my feelings in some way."

"Oh, don't mind me."

"But your plan?"

"Well, to-morrow at eleven meet me under the big linden-tree near the Fabricius villa, and leave the rest to Fate—in other words, to me."

"I shall not fail."

"And now, good-night."

"Good night, my noble, my generous friend!"

"Apropos, here is your revolver."

"You see me deeply, deeply humbled. Do me the favour to accept the weapon as a souvenir of this evening."

"Thank you, I will."



The two men separated—Otto to dream of the gentle Emma; Leopold to think of the morrow.

The weather could not have been more favourable for a drive than it was the following morning, and Leopold was prompt in keeping his appointment with Madame von Ustendorff.

"What, are you going to drive yourself?" she asked, in a tone of genuine surprise, when she saw the elegant tilbury at the door.

"Certainly. Handling horses is one of the few things I think myself skilled in."

The beautiful young widow changed colour very perceptibly, but she cleverly turned attention from herself by expressing her admiration for the beautiful roadster that pawed the ground in his impatience to be off.

In five minutes they were in the open country, when Leopold brought his horse down to a slow trot.

"A glorious morning," said Louise.

"The most glorious of my life," replied Leopold.

"How beautiful is the deep green of the meadows!"

"And the lovely red of my companion's cheeks!"

"None of that, doctor—please."

"Pardon me, madame, for thinking so loud."

"Think of something else. What a lovely view we have of the old castle yonder from this point!"

"It reminds me of the old castle near D—. Do you remember how the count locked us all in the chapel, where we were compelled to remain for two whole hours? Who all was there, in that party? There were you, Henriette, poor Reinhold, whom she afterward jilted, my sister, and two or three others. Oh, those were the happiest hours of my life! I could have fallen at your feet and worshipped you."

"If my memory serves me, we talked of very indifferent things."

"Ah, Louise, my mind was not on what I was saying. I thought of nothing but you—saw nothing but your glorious eyes. For an hour I thought you were not wholly indifferent to me. Then came the bitter, bitter reality. During all the rest of the day you did not deign even to look at me, but jested so gayly and laughed so immoderately with that disagreeable, stupid Von Serbingen—"

"I never thought Herr von Serbingen any more agreeable than other people did."

"How? Everybody supposed you did."

"Appearances are often deceptive."

"But I cannot understand—"

"You are a bad psychologist, my dear doctor. We can now be frank with each other. I was prompted to favour Serbingen by caprice—just to show you that I was indifferent to your homage."

"But in heaven's name, madame, what had I done to make you dislike me so? It was not till I became thoroughly convinced that all my endeavours would be fruitless—not till Henriette told me you had a deep-seated aversion for me—"

"What, did she tell you that? The little liar!"

"Louise, is it possible? Were we both deceived? Then you never disliked me?"

"I told you last evening that you were in error. On the contrary, at first I had a greater liking for you than I was willing to confess. It was not till Henriette assured me—"

"The little traitress! The perfidious little wretch! She wilfully destroyed the happiness of my life. O Louise! why must I lose you before you were mine?"

"For heaven's sake! You will make me regret that I accepted your invitation."

"O, Louise, I love you, if possible, more than ever!"

"Do you want to make me jump out?"

"Let me look in your eyes."

"Look in the eyes of your Emma."

"Listen to me. I have long been resigned to my fate—to most things I am comparatively indifferent; but I have one burning desire. Will you gratify it?"

"What is it?"

"I would look into your very soul. Did you love your husband?"

"What a question!"

"You will not answer me?"

"I respected him—I—I—yes, I liked him exceedingly."

"Did you love him?"

"Love him? Yes. I loved him as—as you love your Emma."

"Oh, how I thank you for this confession! Further, if I had sued for your hand at the same time he did—"

"No more, doctor, I beg."

"Would you have accepted him in preference to me?"

"I cannot listen to such a question."

"Will you answer me?"

"No!"

"I conjure you by all the tears I have shed on your account to tell me which you would have chosen!"

"I have already told you that I did not love Herr von Ustendorff with that all-absorbing love of which you speak."

"O, Louise, you give me new life! Now one thing more, and you will make me the happiest of mortals. Say that you could love me, and that you will be mine!"

"Are you mad?"

"Louise, I never did nor can I ever love any one but you!" he cried, and clasped her round the waist.

"If you seek to be revenged, you have attained your object. Your mockery wounds more deeply than I can tell you."

She covered her face with her hands and wept bitterly.

"Listen to me. Will you drive me from you a second time? I love you, and you alone."

"I have not deserved this," she sobbed. "Take me home!"

"Not yet. Dry your eyes, and know that since last evening Emma is the betrothed of another. Me she never loved. She is as happy as I am. And now be calm and rational, and tell me if you will consent to repair the errors of the past. Will you be my loving and beloved wife?"

The tilbury entered a little wood. The horse kept the road without the guidance of his master. Right and left towered silent old firs, and Louise laid her head trustingly against the breast of her first and only love.

Meanwhile the hot-headed lieutenant waited under the big linden. He was at the appointed place an hour ahead of time. After walking restlessly to and fro for what seemed to him an age, he looked at his watch and murmured—

"A quarter after ten. Three-quarters of an hour more, even if he is punctual."

His monologue was interrupted by the sound of an approaching vehicle. He hastened to the road, and behold! there was his generous friend of the previous evening with his cousin Louise at his side. What astonished him, however, more than this *tête-à-tête* in a tilbury, was the fact that at this moment they turned round, evidently having suddenly decided to return to town. This, as can be easily imagined, was in obedience to Louise's wishes.

The lieutenant lost no time, but rushed into the middle of the road, and cried out at the top of his voice:—

"Louise! Cousin Louise! Hold! Doctor! Hold on!"

Leopold and Louise looked around with evident surprise.

"Why, there is cousin Otto!" cried the latter.

"Your cousin?"

"Turn round! turn round! Where are you going?" cried the lieutenant, at the very top of his voice.

"Well, let's turn round. I am curious to hear what he has to say to us," said Louise.

As yet Leopold had found no time to tell Louise of his last night's adventure. He now took in the situation in all its details at a glance. His plans assumed form and shape with equal celerity. Louise being the lieutenant's cousin, her presence at the Fabricius Villa could not be looked upon as being extraordinary. Besides, he believed he possessed sufficient presence of mind and tact to be equal to every situation that could arise. The idea of presenting his own and Emma's *fiancée* to Mamma Fabricius, at the same time, had something in it so piquant that he determined to use all his powers of persuasion to induce Louise to second his plan.

At first he introduced the two cousins to each other in this wise:

"Lieutenant, I have the honour of presenting you to my betrothed, Frau Louise von Ustendorff, *née* Gerhard. My love, allow me to make you acquainted with the future husband of my Emma—the happiest man alive, with one exception."

Here some minutes were given to questions and explanations. Louise reproached her cousin for attempting to carry out his murderous designs on the very same evening he had promised her to act like a man of sense for a week at least. Otto pleaded the happy results of his hot-headed folly. After congratulating one another over and again, came finally the unavoidable "What now?"

Leopold immediately unfolded his plan with all the rhetoric at his command, and answered Louise's objections with so much success, that she finally yielded. Otto was all "fire and flame" for Leopold's project as soon as it was proposed, so they now prepared for the attack. Louise shook her handsome head as a last expression of her disapproval, and then, the lieutenant having found an uncomfortable seat in the tilbury, they drove at a sharp trot for the villa, which was but a short distance farther on.

"Have you the photograph with you?" Leopold asked Otto, as they alighted.

"What, Emma's?"

"The one with the ten thousand kisses on the back, and, I have no doubt, an equal number on the face."

"Certainly."

"Will you let me take it for a little while?"

"With pleasure."

"Now, then, forward!"

Madame Fabricius was not a little surprised when the maid announced the three callers, and she seemed little less than stupefied when she saw the lieutenant, whom for the last four weeks she had persistently refused to admit.

"I have taken the liberty to bring some relations with me," said Leopold.

"They are very welcome. Pray be seated," replied Mamma Fabricius.

Louise and Otto accepted this invitation with an alacrity that intimated clearly enough that they did not feel altogether comfortable, and hoped to find relief in a change of posture. The lieutenant's heart beat most insubordinately, and all of Louise's accustomed self-possession seemed to have left her.

"And Emma?" asked Leopold.

Otto started as though a pin had been stuck into him.

"Oh, Emma is very busy," replied Madame Fabricius, with a smile.

"Ay, ay, with her outfit; but, nevertheless, she will honour us for a few minutes, I trust."

Madame Fabricius rang.

"Annette," said she to the maid who answered the bell, "say to Fräulein Emma that Dr. Winther is here."

"Meanwhile allow me to present my relations. Frau von Ustendorff."

The two ladies bowed.

"Lieutenant von—von—*parbleu*, my dear Otto, but your name is very hard to pronounce."

"I already have the honour," said Madame Fabricius, in a freezing tone.

"Ah, *tant mieux, tant mieux!*"

At this moment the door opened and Emma entered the room. She wore a lovely, bright-coloured morning dress, but her cheeks were pale. Her handsome, though rather expressionless blue eyes seemed to tell of some secret sorrow.

When she saw the lieutenant she started visibly, and, if possible, became still more colourless. Otto, too, trembled to the very point of his sword.

Leopold hastened toward the hesitating girl and kissed her hand in a deferential manner; then he led her to the centre of the room, drew the photograph he had borrowed from Otto from his pocket, and read:

"To my dearly-beloved Otto, with ten thousand kisses.—EMMA."

The poor girl cried out as though she had received a dagger-thrust.

"What does that mean?" asked Madame Fabricius, and the old lady's eyes looked as though they would leave their sockets.

"That means that Otto is beloved by Emma,



who gives him ten thousand kisses. It's very clear, it seems to me."

"Are you mad, my dear doctor?"

"I don't think I am. My name is Leopold. Otto, the dearly-beloved, sits over there, trembling more than he would, I am sure, if he were about to lead a forlorn hope."

"But, in heaven's name—"

"Listen to me calmly, my dear madame. Fräulein Emma is one of the most charming girls in the world; indeed, with perhaps a single exception, there is not a woman in the whole German Empire who would make me a more lovely bride, were it not for one unpardonable requisite—"

"Sir!"

"An unpardonable requisite, I say—her heart belongs to another."

"Who says so? Who says her affections are another's?"

It was now the lieutenant's turn to speak.

"O, madame!" he sighed, from the depth of his bosom, "do not refuse your consent to our union. Emma loves me as I love her—devotedly, passionately. It was obedience to the wishes of a beloved mother only that ever induced her—"

"Oh, what's the use of making so many words about it?" interrupted Leopold. "You understand, madame, that I relinquish all my rights to the hand of your daughter—that is, if I can relinquish what I have never had. Her real *fiancée* stands there. Fräulein Emma, come here, please—you, too, lieutenant. Madame Fabricius consents with pleasure to your union. Give me your hands."

As he was about to place Emma's hand in the lieutenant's, the astonished and infuriated mamma sprang between them.

"Stand back!" she cried. "I will dispose of the hand of my daughter, not you, Sir!"

"My dear madame, what's done cannot be undone. And then think of the consequences! An abandoned daughter, abandoned three weeks before the time set for the wedding! What would people say? The world would be ignorant of the reason. And then the outfit that has cost so much money and labour. Shall it all be thrown away? Other suitors will present themselves, you will answer. That is possible; but, then, I am sure Fräulein Emma would rather die than consent, a second time, to marry one whom her heart had not chosen. And what fault have you to find with the lieutenant here? He not only loves your daughter devotedly, madly, but he entertains for you a respect and a veneration which, under the circumstances, are very remarkable. Not a word of complaint or reproach has passed his lips. You will have in him one of the most devoted of sons. Can a woman of your intelligence and strength of character—a woman in whom genuine dignity is united with such gentleness—refuse her consent, when the happiness of two innocent young people, the honour of your family, and the interests of justice are at stake?"

It began to dawn upon Mamma Fabricius that she was defeated. A moment given to reflection convinced her that the wisest thing to do was to put a good face on what seemed to her a bad business. Forcing her broadest smile into her hard features, and her kindest tone into her unsympathetic voice, she asked—

"Are you, then, really so very fond of each other, my children?"

"Yes, mamma," murmured the gentle Emma.

"Well, then, have your own way! I see it's useless to contend against the intrigues of youth."

"Bravo! Two pearls in one net! This is the happiest day of my life!" cried Leopold.

"I do not understand you, my dear doctor," replied Madame Fabricius, drawing herself up to her maximum height.

"Allow us to remain to luncheon, madame, and you shall be made acquainted with every detail."

Before her guests took leave, Madame Fabricius became doubly convinced that the desires of young hearts are not easily thwarted by the projects of old heads.

LOVE and a cough cannot be hid.—George Herbert.

MATERNAL love! thou word that sums all bliss.—Pollock.



## FLOWER CULTURE.

—:O:—

At this season of the year house plants frequently droop and look withered; in fact, they sometimes become so unsightly that they are either thrown upon the ash pile or carried to the cellar, where, unlike the healthy plants which were placed there in the fall, they become so dry and hard that finally they are beyond revival. Hanging-baskets and pots should be immersed in soapy water once a week. Let them remain in the water for from one to two minutes. After they have been removed, sprinkle the leaves with clean tepid water. Large leaves should be carefully wiped with a soft woollen cloth dipped in clean water, or they will become grey and streaked. Loosen the earth around the plant, but be careful not to puncture it in any way.

One teaspoonful of phosphate dissolved in two quarts of water should be sprinkled over the plants once a week. Five minutes after the leaves have received their shower-bath they appear firmer and of a richer hue.

Flowers require almost as much attention as growing children, and, like the little ones, are sure to thrive if they receive proper care and nourishment.

Ground taken up in the autumn, mixed with guano, and kept in the cellar until the middle of February, will be in excellent condition for planting. A cheap and very desirable hot-house can be made by half filling a large store box with enriched ground and covering the top with glass. An old window-frame will answer the purpose as well as anything. If some of the panes of glass are broken, moisten the putty with vinegar and remove them. New glass must be put in at once, or you will wake up some cold morning and find the ground in your hot-house frozen and your flowers nipped before they have reached the budding stage.

Seedling verbenas are easily raised, and remain fresh and blooming until heavy frost kills them. Soak all seeds in tepid water for an hour or two before planting, so that it will not be necessary to moisten the ground for two or three days. Seeds are frequently drowned before they have a chance to sprout, because so many persons persist in deluging the ground with water. After the first few days use the watering-pot twice a week until the sprouts appear, afterward a small quantity of water should be sprinkled over the bed every day.

As it takes about four months to bring the tuberose into flowering, a few bulbs can be planted in the centre of the box, and by the first or middle of June they will be ready to transplant. A few pansy seeds will not occupy a great deal of space, but care should be taken not to put the seed more than half an inch under ground. A few lady-slipper seeds will yield enough stalks to border the garden walk. Red, pink, white, and variegated look very pretty when artistically arranged.

The bed must be watched closely, for there is danger that the hot rays of the sun may kill the plants before they can gather sufficient strength to withstand the heat. A dark cloth thrown over the glass will remedy the evil. Lift the glass occasionally, but be careful not to leave the box uncovered during the night on account of the sudden change in the atmosphere.

A year ago, while driving along a country road, we came upon a garden filled with narcissus, tulips, crocuses, and hyacinths. Fancy a whole garden aglow with beautifully blooming flowers in April! Even Cap, the horse, tossed his head from side to side and pranced about as though trying to express his appreciation of the lovely sight. Rows of double tulips bordered both sides of the driveway. The path leading to the house was arranged in the same manner. The owner, instead of leaving the mounds in his garden bare and unattractive until late in the spring, during the fall planted hardy, early-blooming bulbs, and, as the beds were slightly elevated, the bulbs remained per-

fectly dry during the winter. Great piles of leaves prevented them from freezing.

About the second or third week in May all house plants should be placed in the ground.

Many persons do not remove the plant from the pot, but place both in the ground together. The plant may thrive for awhile, but in the course of a few weeks it will begin to droop; even if it revives and appears to be in a thriving condition, it will probably die when taken up in the fall.

The best way is to remove the plant from the pot, shake off the earth from around the root, and plant in a bed that has been enriched with manure. If the flower transplanted is a large geranium with many branches, cut off a few of the smallest, make a hole in the ground two or three inches deep, and plant, taking care, however, to press the ground down firmly around the sides.

A whole bed filled with apple-blossom geraniums is one of the most beautiful sights imaginable. In colour it resembles the inside of a sea-shell, and in shape the flower from which it derives its name. A bed with scarlet geraniums in the centre and a border of silver geraniums makes a lovely contrast. The leaves of the latter are deep olive-green in the centre, with a broad white margin. Its dense foliage and dwarf shape enhances its value as a border plant.

The old-fashioned red geranium still occupies a place in the hearts of all lovers of flowers. Very handsome beds may be made in the form of a star by planting red geraniums in the centre and filling each point of the star with alternate rows of pink and white geraniums. Fences may be made to look very artistic by planting a row of sweet peas along the side. The vines twine and intertwine until the slats or wire constituting the fence is completely covered. The beautiful effect is heightened when the pretty blue, pink, and white blossoms peep out from between the clustering green leaves.

A bed of mignonette planted directly under a window will fill the entire house with fragrance.

A very pretty effect may be created by china pinks, larkspur, marigolds, and petunias all in one bed. It can be finished off around the edge with a double row of bachelors' buttons.

Our plants may be growing beautifully, and our garden may be the envy of all our neighbours, but disaster and desolation will come to our Eden if we sit with folded hands. Only constant work and careful watching will keep away the flower-destroying insects that are ever on the watch for a relaxation of vigilance. A few hot coals, a shovel, and a handful of tobacco-leaves will destroy the small, invisible insects that can be reached in no other way. Hold the shovel under each plant for from one to two minutes. Dipping the leaves in fir-tree oil is another excellent remedy.

The green spider and red aphid are the most troublesome of all plant insects. The aphid grows rapidly, and as it increases in size throws off a fine powder, which, of course, rests upon the leaves. Should brown spots appear upon the latter, immediately deluge the plant with water, then examine the under part of each leaf. A few applications of clean water will rid the plant of this troublesome insect.

Refuse tobacco steeped in boiling water will render the green spider and red aphid so stupid that they can easily be removed.

Lime-water will kill the troublesome earth-worm and invigorate the plant that has become weak and "stalky" by being constantly agitated at the root.

We have heard persons exclaim that they would not be bothered with flowers, that they made too much dirt, &c. Yet the same people will stand in front of a beautiful garden or hot-house and express their delight in the most extravagant language.

Someone must take care of the flowers, and to those who love them for their own sweet sakes, as well as for the joy which they carry into many a darkened life, love and labour are so perfectly blended that all necessary toil is considered mere preparation for the budding forth of all that is beautiful in nature.

THE farmer that gets the most eggs is the one that gets up earliest and secures to his flock a good warm breakfast by daylight.



## "MUSHROOMS FOR THE MILLION."

—:O:—

THIS is the title of a book sent us by the author, Mr. John Wright, the co-editor of the *Journal of Horticulture*, and formerly a honoured member of the gardening craft. Price 1s. The first edition was published in the early part of 1883, and so popular has the work become that a fourth edition has been called for. No book connected with any branch of horticulture ever met with a more rapid sale, nor did any book ever meet with so much approval, not only by gardeners generally, but by all grades of amateurs, as this one which emanates from the pen of our intimate friend, Mr. John Wright. No writer that we are acquainted with has ever handled the subject in such a masterly manner, not only as it regards its cultural details, but also its commercial side of the question. There are chapters on every conceivable subject connected with mushroom culture, including out-door and in-door culture; the cost and profit of mushroom culture; the large profits realised by growing mushrooms in the open air; the chief essentials for growing mushrooms; materials for beds; unsuitable manure; preparing the manure; mistakes in practice; correct practices in preparing manure—cow manure; condition of the materials for beds; site for the mushroom beds; size of mushroom beds; making the beds; spawning the beds; regulating the heat in beds; and covering the beds. There are also chapters on watering mushroom beds; how to treat exhausted beds; marketing the crops—greengrocers' profits; growing mushrooms in boxes, in cucumber beds; mushrooms and depression; in mushrooms in a cottage; and a thousand and one other subjects, the one meaning, as "Medicus" says, in the *Girls' Own Paper*, "all the rest." Every one who wishes to grow mushrooms will find full and concise instructions in simple and plain language, and even "old hands" will find hints which will prove of much value, and help them over many a difficulty. We will give a few useful extracts from the work, at the same time commending the book to every lover of Horticulture.

### CHIEF ESSENTIALS FOR GROWING MUSHROOMS.

These are mainly five. First, a supply of manure from horse stables; second, good spawn; third, equable and moderate temperature and moisture; fourth, fertile soil; fifth, intelligent supervision. The mere narration of the chief requisites is, however, not sufficient for the information of the inexperienced, and details founded on successful practice are indispensable. In order that the information now sought to be imparted may be of substantial use, the following remarks will be plain, the chief aim and object being to induce those having the means at their disposal, but who have never given thought to the subject, to become mushroom growers, in order that they may add usefully to their resources, and give the population of cities and towns what they do not now possess—a good supply at a moderate cost of this agreeable product of the farm and the garden.

### MANURE FOR MUSHROOM BEDS.

As above observed, this must consist mainly, and it may consist entirely, of the manure from horse stables. Other matter can be added without injury to the beds, and occasionally an admixture of oak and beech leaves, a slight sprinkling of tan, and even of salt and guano, have been found advantageous by some cultivators; but the three last-named ingredients must be used in a very homoeopathic manner. Such tree leaves as those mentioned may, if needed, form one-third of the bulk when manure is scarce; indeed, excellent mushrooms have been grown in beds half composed of oak leaves, which, with manure, produce a steady and lasting heat, as the fibre they contain causes them to decay slowly. On the contrary, such large and soft leaves as sycamore, horse chestnuts, and planes are not suitable, nor are those of elms and poplars, as they speedily decay, and the heat, which they generate quickly and violently, is as suddenly dispersed, and extreme cold follows. Sudden transitions of temperature in the soil are more or less injurious to all plants, and injury is especially apparent in mushroom culture when the mycelium is spreading through beds which are alternately

too hot and too cold. Tan can only be added with benefit when the fermentation of the manure is too slow, and even then a pound or two to a barrow-load will usually be sufficient. Guano and salt in mixture have the same effect, but in a greater degree, in advancing fermentation, and an ounce of each to a barrowful of the material will be ample. When the manure is somewhat poor—that is, contains a greater bulk of straw than is desirable—this very slight sprinkling of salt and guano enriches the bed and benefits the mushrooms, and it also adds greatly to the value of the old beds for manurial purposes. But the successful grower, whose practice will be embodied in these notes, uses none of these ingredients, except, perhaps, very occasionally a little tan. Leaves are not plentiful in London, and, further, manure can be had by purchase from horses fed on hard food—that is, good corn and hay, as, for obvious reasons, it is not the custom to turn horses out to grass in the metropolis.

### UNSUITABLE MANURE.

There is sufficient choice near large towns to refuse manure from those stables where the grooms are addicted to giving horses much medicine. Manure thus produced is fatal to mushrooms, and is without doubt one cause of the failures which now and then occur in private gardens, and the origin of which cannot always be traced at the time. Neither is the manure good for the purpose in question from those stables in which carrots are largely consumed. Thus it is conceivable, indeed it is certain, that the gardener has not unfrequently had to bear the opprobrium of failure in the mushroom house, when the real cause of that failure was in the stable. This is one of those unfortunate cases where a man is not the keeper of his own reputation. Manure, therefore, must be had, wherever this is possible, only from those stables where the horses are fed chiefly or entirely on sound, hard food, as carrots, grass, and medicine given to the animals as a system mean blank mushroom beds; and certainly no man should be accused of his inability to grow mushrooms until he has failed to produce them by the use of manure of the proper kind. This being provided in sufficient quantity, they can be grown, if needed, in the depth of winter in the middle of a field, but with a medium that is poisonous to them the most costly structure cannot avail to prevent barren beds. With manure of the character above recommended neither leaves, soil, nor any other ingredient is needed for mixing with it; but the condition, as well as the nature of the material is highly important, and this phase of the subject demands special consideration.

### PREPARING THE MANURE.

The foregoing remarks apply equally to manure for growing mushrooms on a small scale in houses and for producing them in large quantities in the open air for market purposes. Those engaged in this latter work are few, far too few, in number, and they ought to increase in the environs of towns and in those country districts that are traversed by railways, and where stations are not far distant for receiving the produce for transit to those great centres of population where mushrooms are ever in demand. Our remarks on preparing the manure will refer more particularly to that class of cultivators who almost exclusively must prepare the material in the open air. This proper condition of the manure is a matter of the greatest moment, and next to securing good spawn, is the chief essential in the production of mushrooms. Without good spawn profitable beds cannot be had, however suitable the manure may be; and, on the other hand, even if the spawn is of the highest quality, unless the manure is of the right kind, and in a proper state of decomposition for affording the requisite temperature and moisture, the mycelium cannot permeate the mass, and the spawn will be wasted. It is not easy to determine whether inferior spawn or unsuitable manure has been the most fertile source of failures in mushroom growing. It is satisfactory, however, to know that good spawn is plentiful, and the preparation of the manure not difficult. It is, in fact, much more easy to do the work properly than to describe it in a manner that will be intelligible to those who have no practical knowledge on the subject. But even such individuals possess one advantage

—they have nothing to unlearn; and, on the same principle that a tailor is preferred to a jockey for conversion into a cavalry soldier, so we may hope there are many persons who have never seen a mushroom bed made who will equal, if not surpass, as cultivators, those who have had considerable experience in doing the work wrongly.—*Sheffield Independent*.

(To be Continued.)

## ECONOMY IN THE HOUSEHOLD.

—:O:—

WE have obtained the following hints from an American source, and print them, believing they may be useful to some of our readers:—

1. After mixing bread at night, take up all the bits of crusted flour left on the mixing-board, and sift them into a saucer. Enough flour will be saved to use to flour the board at the morning mixing, and only a very few scraps need be thrown away, instead of the saucerful which the servants usually waste.

2. When all the bones have been removed from a fowl in preparing it for a pie, or for pressing, there is still a little gelatinous and nutritious substance left on them. Put the bones back into the pot, with enough water to cover them, and boil for half an hour longer. Enough liquor to thicken slightly for gravy for the dinner will be added to that already obtained from the boiling of the fowl.

3. The fine wheat meal which is much used now as a breakfast substitute for the once universal oatmeal makes a very palatable and nutritious pudding. There is usually a little more cooked than is served, and, if this is saved from one or two breakfasts, it may appear in the form of a pudding. The cold boiled meal is better than the hot, too, to make the pudding, as the meal should come to a boil with the milk in which it is baked. Three pints of milk, three eggs, a teacupful of sugar, and a coffee-cupful of the cooked meal are the proportions. Flavour to suit the taste, and bake half an hour.

4. There is no need for putting eggs into cakes made in layers for cream or jelly, and in the winter, when eggs are not cheap, this is worth remembering. Much less butter than the usual cook-book recipes demand may also be used for this sort of cake. A half cup of butter, a cup of sugar, a cup and a half of sweet milk, and two tablespoons of baking powder (always sifted with the flour) in two cups and a half of flour, are very useful for a simple foundation for cornstarch cream or for jellies.

5. When meat boils dry and burns on, as meat has a way of doing once in a while in the best regulated kitchens, do not turn it out directly into a pan, and waste that still good part of the fibre which adheres to the burned and spoiled part. Plunge the pot into a deep can of cold water as quickly as possible; then take the meat out of the pot with a ladle, a clean cooking-towel, or a large fork—which ever is at hand. The cold water under the hot iron makes the meat steam and break off immediately almost where it is desirable that it should. And if the pot is well washed, and the meat put back into it in hot water, there will be no burnt flavour record of the catastrophe.

6. Enough bits of meat, gristle, and bone are thrown away in nearly every meat-eating family to keep the proverbial French family of fine economies in soup stock all of the time. An English household might not realise the French deliciousness of soup "made out of nothing" if none of its members were instructed in the Gallic mysteries of soup-making; but it is certain that this stock might be used for making simple gravies, which are more healthful, especially for children, than too much butter.

TIME intelligently given to bees will pay equally well with that given to any other kind of farm work, and where too many are not kept it may be done at such times as not to interfere with any other important work. Outside of any pecuniary benefit it pays well in furnishing a needed article for the family which can only be secured by working for.

Soda is much nicer than ashes to clean tea-stained dishes.



## BIRDS'-NESTING.

—o:—

## CAUTIONARY SUGGESTIONS.

It is often extremely difficult to make an unquestionable determination; as, for instance, when many birds of similar habits breed together. The young collector is especially warned not to be misled by the mere fact of seeing certain birds around a nest. Many of the crow and jay kind are great eaters of eggs, and mistakes have originated from these birds being seen near nests of which certainly they were not the owners. Others, such as the tit-mice, though not plunderers, obtain their food by incessantly seeking it even in the localities where many species build. It often happens also, that two different birds have their homes situated very close to one another, and the collector may be easily deceived.

Professor Alfred Newton relates an instance where a dunlin (*tringa alpina*) and a purple sandpiper (*tringa maritima*) had their nests only a few feet apart. At first a pair of the latter only were seen, which, by their actions, betrayed their uneasiness. A short search caused the discovery of a nest with four eggs. The observer was one of the most practical oölogists then living; and his eye at once saw that it was not the nest which he wanted; but a less experienced man would have immediately concluded that he had found the eggs of the rarer species.

Indeed it may, generally speaking, be said of most birds, that whenever they have nests of their own, they are also acquainted with those of their neighbours, which by their actions they will often betray to the collector who may be patiently watching them. Again, birds, even when not of a parasite nature like the crow or blackbird, will occasionally lay their eggs—accidentally as it were—in the nests of other species; thus eggs of the eider duck have been found in the nest of a gull; other similar cases are on record, in some of which, from the species being nearly allied, confusion might easily have arisen, though at the time no doubt may have occurred in the collector's mind.

## OVERCOMING DIFFICULTIES.

It is not always easy to obtain the nest or eggs in good shape, even after you know where they are. Sometimes, indeed, it is all but impossible, and attended with great danger; a consideration, however, not likely to deter any ardent naturalist from attempting to enrich his collection.

A large number of sea birds, and many birds of prey, make their homes in holes or niches on the vertical faces of cliffs. As a rule these crags overhang the surf.

If there is no means of climbing to such nests, of course the only way is to be let down. Boyish enthusiasm leaps at the prospect, as savouring of daring, not unmixed with nerve and skill very attractive to the imagination, and thus wise precautions of safety are often omitted. As a rule, amateurs should be content to look on at such experiments—while every precaution in all cases should be taken.

No person, for instance, ought ever to attempt to go over a cliff alone, yet it has been done; nor should anyone allow himself to be lowered without being so secured to the noose or seat in which he rests at the end of the rope, that, should any accident deprive him of his strength or self-control, he would not fall from his seat. Sudden and unaccountable dizziness sometimes attacks the hardest and most experienced heads, due to some peculiar, unsuspected state of the nervous system. A very small pebble falling a long distance and striking the head of the birds'-nester, might easily produce insensibility, and there is always danger of even larger rocks falling. Numberless possibilities of loss of self-control exist in the situation, and it is well to be lashed to the seat in such a way that your friend at the top can haul you up dead or alive in case of accident.

The most serious peril attaching to this hazardous part of oölogical work, however, is that the rope is liable to break. Common sense would dictate that you make sure it can bear your weight; nor does the trouble usually lie here, but in the fact that the chafing of the taut line over the rocks at the edge of the cliff slowly cuts the threads, till an extra strain occurs, the last strand parts, and the unfortunate

sportsman is dashed to a horrible death below. Such a fatal result of honest scientific endeavour can always, or nearly always, be avoided.

It would not be a very difficult matter, usually, to rig a large pulley at the edge of the cliff, through which the rope may run securely. One could be constructed for the purpose, surmounting an iron pin to be driven into the soil (see Fig. 2), or wedged in a crevice at the summit of the cliff. Another plan would be to insert the pulley into the end of a strong beam, which should be allowed to project a few inches beyond the brow of the cliff, its opposite end firmly anchored by some simple means. Of course, the utmost care must be taken to secure this machinery strongly to the cliff, since if it breaks evil consequences are likely to ensue.

These are instruments that may be hastily constructed, and capable of being carried on a collecting tour, without much trouble. Where the trial is to be made near home, however, and circumstances will admit, the planting of a suitable windlass at a little distance from the edge of the cliff, with two men to turn it, and the placing of a stout roller at the brink over which the rope shall pass without danger of abrasion, are recommended.

In going down, some preparation to carry your eggs, better than your folded pocket-handkerchief, is well. Probably the best contrivance is a trout creel, strapped to the belt (not hung over the shoulder), the interior of which has been suitably arranged in compartments, or with moveable boxes, for the easy reception and safe carriage of the eggs. In many cases, particularly when the nests of cliff-climbing hawks and eagles are the object, a



AMONGST THE SEA BIRDS

FIG. 1.

stick or knife should be taken as a weapon against the attacks of the infuriated owners.

A few words as to climbing trees, and securing nests and eggs from inconvenient positions, may not come amiss. We agree with a late newspaper paragraph on this point when it condemns climbing irons, "the feet get cramped and tired out, the legs become stiffened with pain, and the shock to the system occasioned by climbing is made doubly worse by the use of the irons. Never attempt to use them on a hard-seasoned tree without bark, nor a limbless tree that you cannot reach around; if you do, ten to one you will land on the ground below before any great height is gained. Unless your nerves are strong, never look down, nor higher up than is necessary to take one step above another; keep the eyes familiar with all objects on a level with them, which will make it seem that you are on the ground. Take off the coat, and wear a short coat without arms. This will in a measure protect the lungs from being strained, and from other injuries."

## THE SCOOP-NET AND MIRROR.

A young ornithologist has recently devised an ingenious method of securing eggs from nests at the extremity of limbs and other inaccessible places, where the nests are not wanted. It was suggested by his desire to obtain woodpeckers' eggs, where he could not reach down into the burrow and was not allowed to cut into the tree, as one can sometimes do in tolerably wild land. To overcome the difficulty he took a piece of steel spring wire, brought the extremities together, and inserted them into

the split end of a handle about the size of a lead pencil, which is scarfed at that end. A little muslin bag is then fitted to the wire, forming a scoop-net. When not in use the wire and bag are rolled round the handle and confined by a metal cap, for which purpose a pistol cartridge shell answers very well, and can easily be carried in the vest pocket. When the instrument is to be used it is fastened to the end of a straight stick of suitable length. "I have obtained eggs in this way," says the inventor, "at a depth of four feet, and often taken them out of a nest on the end of a limb too frail to support weight nearer than within six feet of the nest." Some such little scoop or dipper would be excellent in cliff work also, we should think.

Another little device worth mentioning is this: When you are uncertain whether a nest, the interior of which is overhead and out of sight, contains eggs or not, you can often save time and an expenditure of strength in climbing by the use of a mirror. Take one of the little round looking-glasses which are framed in thin metal with a hinged cover, and designed for the waistcoat pocket, or make some simpler substitute for yourself, and fasten it to a ferule at right angles to its surface. When it is to be used, slip the ferule on the end of a pole of suitable length, and hold the mirror up over the nest; if there are eggs and young there, it will be at once apparent in its face. A perfection of this instrument would be the connection of the glass and the ferule—which latter should be strong—by an universal joint or swivel arrangement, with a proper clamp, so that the mirror might be set at any required angle. Any clever mechanic ought to construct this little machine at small trouble and expense.



THE APPARATUS

FIG. 2.

## MANY SPECIMENS DESIRABLE.

Sometimes, by removing all the eggs in a nest except one or two, without handling those left, a large number can be obtained from one pair of birds. Often, however, the nest will be found abandoned on a second visit, and in some cases all the eggs destroyed or removed. It is well, therefore, particularly at a distance from home, to take all the eggs at once, and the nest along with them, if you need it; nor, if you propose to make a close study of oölogy, will a single set, or sometimes even a dozen sets, suffice to show extremes of variation.

## A PLEA FOR THE STUDY OF NESTS.

Whether or not it is worth while to collect nests—for there are many persons who never do so—is, it seems to us, only a question of room in the cabinet. As a scientific study there is far more advantage to be obtained from a series of nests than from a series of eggs. The nest is something with which the will and energies of the bird are concerned. It expresses the character of the workman; is to a certain extent an index to its rank among birds—for in general those of the highest organisation are the best architects, and give us a glimpse of the bird's mind and power to understand and adapt itself to changed conditions of life. Over the shape or ornamentations of an egg the bird has no control, being no more able to govern the matter than it can the growth of its beak.

Nests are beautiful, too. What can surpass the delicacy of the humming bird's home, glued to the surface of a mossy branch or nestling in the warped point of a pendant leaf, the vireo's silken hammock, the oriole's gracefully swaying purse, the blackbird's model basket in the flags, the snug little caves of the marsh wrens, the hermitage huts of the wagtails and ground warblers, the stout fortresses of sociable swallows.



## PRESERVATION OF THE NESTS.

Nests constructed on bushes, or in trees generally need only slight precautions to ensure safe removal and preservation for immediate carriage. They should never be torn from their fastenings; but the branch on which they rest, or the twigs to which they are attached, ought to be cut off, for which purpose it will be found convenient to carry, in a belt-sheath, a large knife, having the back notched into a saw. The observations in regard to obtaining eggs from difficult positions will apply here equally well. Nests that rest on the ground often require to be secured against dropping to pieces by a little judicious wrapping, or tying together, or even by a few coarse stitches with a needle and thread, while those built of mud, like the swallow's, will crumble more or less, unless each one is fitted into a pretty tight box, and not handled afterwards.

One of the most difficult classes of birds' nests to lay one's hands upon is that of the ground builders. These nests are not only concealed among the grass of the meadows, but perhaps amid the tall stems of growing grain; and even if you flush the parent by walking through the fields, you cannot always trace it to its home, since with cunning caution it has run to a little distance from the object of its anxious hiding before starting up.

To aid in finding such nests, we have known the following plan to be adopted:—Two persons take a long rope of sufficient weight to drag well on the ground, and stretch it out to its full length. Holding opposite ends, they then walk slowly abreast from one side of the meadow to the other, dragging the rope stretched between them, and steadily keeping an eye upon the line. When, as soon will be likely to happen, a sparrow meadow lark, or other ground breeder, starts up between them, alarmed by the rope, they drop the line and follow its guidance to where the bird was flushed. In a large proportion of cases, a desirable nest will be found among the grass roots at that very point. Such a process will save many steps, and is certainly worth remembering.

Mr. William Brewster, of Cambridge, has an excellent good method of preserving nests, thinking it desirable to keep all of them that he can accommodate. He has made a series of deep, square, pasteboard boxes, of different sizes, but the larger multiples of the smaller, so that two or four little ones will fit accurately into a big one. One side of each box, however, is made to let down, being attached only at the bottom by a cloth hinge. After a nest is put in a suitable box, therefore, it is not necessary to lift it out to look at it, for you can let down the side of the box—held upright at other times by a rubber band—when the top and one side of the nest will be open for examination without the least handling. In the case of the smaller nests, whenever three or four specimens belonging to the same species are secured, the little boxes they occupy are set inside of a larger box, and the whole series is thus kept together without loss of room.

## PURIFICATION OF SPECIMENS.

Before packing nests, it is always well to be quite sure that they are free from insects or decaying matter. Various measures of fumigation may be employed to avoid unpleasant odours, the increase of vermin, or other harm. One way is to enclose the nest in vapour of carbolic acid or other disinfectant, by placing it in a box perforated with a few pin holes, accompanied by a small sponge well saturated with the liquid. Instead of carbolic acid, hydrosulphite of soda, a colourless and inoffensive solution, might be used. Chlorine-water may also be recommended. Dry disinfection is secured by blowing the nest full of Persian insect powder by the help of a bellows; after remaining a few hours the powder can be blown out in the same way. It would be possible to use powdered chloride of lime for the same purpose, but this is less desirable, one objection being that this powder—and equally the chlorine-water spoken of above—might bleach the colour out of some components of the nest.

## CARE OF EGGS IN THE FIELD.

Having secured your nest, if you think the eggs are fresh—and their appearance will often tell—a good plan is to remove the contents of the eggs right there, since they can be carried

with far greater safety when empty. If you think there are embryos in them, however, do not try to do this. Wrap each egg in cotton, and pack it in the nest. Enclose the nest in a box, tie it up, put it in your basket and do not forget it is there, else you may find everything ruined by a careless jar or tumble. For this purpose a trout-basket is first-rate, since you can conveniently suspend it by a strap over the shoulder, leaving your hands free. One ornithologist says:—"At one time I was accustomed to wear a soldier's cartridge-box attached to my belt. This was not cumbersome, and served fairly when filled with empty shells carefully enscathed in cotton; but I could never trust it to carry unblown eggs in safety. It would prove a very handy receptacle, however, for note-book, instruments, &c., and would not be in one's way in climbing, or making a path through thickets and the other obstacles an enthusiastic and often heedless egg-hunter is pretty likely to encounter in his pursuit."

If you carry the eggs without the nest, wrap each one carefully in cotton, wrap the cotton in soft paper, put them in a shallow tin box, with plenty of cotton between, and fasten the cover of the box tightly, which may then be placed in the pocket or basket.

## CABINETS.

Those who may have no time or opportunity to collect themselves may lay in a very fair collection more or less cheaply. Rare specimens are, however, dear, and of these, perhaps, the rarest are found on the island of Madagascar, belonging to an extinct species known among the naturalists as the *Epinornis*. The discovery of these eggs was made by a sea captain who stopped at a port in the southern part of Madagascar to trade with the natives. During his stay there the curious dishes which the natives used to carry food and water in attracted his attention, and upon investigation he found they were egg-shells cut in halves; and, upon being questioned, the natives informed him that they obtained them from the great sand banks some distance away in the interior. An offer to purchase some soon resulted in the discovery of others, and also in finding the bones of the bird which laid them. The latter established the fact that the *Epinornis* was a giant among birds, some of the species attaining the stature of twelve or thirteen feet.

## HOUSEKEEPING.

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THE first thing that I found best to do when I became an actual housekeeper on my own account, so to say, was to establish a system and a set of rules growing out of the requirements of the household. Meals must be at such hours; certain tasks must be assigned to certain days—this day to the washing and those days to the ironing, this day to the silver-cleaning and congenial work, and that to the care of halls and parlours. The next imperative necessity, I need hardly say, was to find a place for everything, and to see that everything was kept in its place; and having satisfied myself at last with a cook who never wastes a particle, whose spotless and orderly closets are a perpetual pleasure, who loves a new recipe, who keeps the run of the provisions, and a housemaid whose pride is in dark corners and speckless windows, housekeeping has become, so far as I am concerned, as much play as it used to be in the old burial-place. I can hardly state anything else, except that I have made it a practice to let my servants do their work in their own way and at their own best convenience—only requiring it to be done, and always trying to respect their idiosyncrasies. For I have found that, if one wants a happy home, one must endeavour to procure happiness in the kitchen as much as anywhere else—not merely because disorder and inquiet there will disturb the whole house, but because the inmates of the kitchen have the right to their happiness; and it is the absolute duty of the house mistress to see that they get it, as far as it may be in her power to do so.

WASH brown linen in hay tea, and iron on the wrong side.

BEATING mashed potatoes makes them lighter and whiter.

## Vegetarian Cookery.

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## PUDDINGS AND SWEETS.

(Continued from page 116.)

**PIE OR PUDDING CRUST.**—Mix one pound of flour lightly with cold water; roll out, spread one ounce or one ounce and a half of fresh butter over in flakes, roll again, add a second ounce and a half of butter, then roll again for the last time. [Butter for making flaked crust should, if hard, be carefully softened by cutting small, and turning near the fire, taking great care not to let it melt, as that makes butter unwholesome and the crust heavy.]

A plain pudding may be made to eat with greens or cabbage in winter, when vegetables are scarce, or with jam (it is better than jam boiled with it), by folding the above as for a jam roll, and boiling one hour and a half. It is an improvement for eating with vegetables to use half a pound of brown meal and half a pound of flour instead of all flour.

**PIES (Fruit)**—Apple, Cherry, Currant and Raspberry, Gooseberry, Plum, &c.—Butter the edge of a piedish and lay a strip of crust on it. Put in half the fruit, then some sugar; fill up the dish with fruit, and more sugar on the top. (Apple pies should have a few cloves or a little finely-shred lemon peel as well, and a little water. Late in the season some lemon juice also is an improvement.) Cover the pie with crust, trim and notch the edges, bake in a moderate oven from three quarters to an hour and a half, according to size. If the crust is done before the fruit stand it on the cool part of the stove to finish.

**PIPPIN TARTS.**—Pare thin two Seville or China oranges; boil the peel till tender (about two hours), shred it fine, pare and core twelve apples, put them in a stewpan or jar with a quarter or eighth of a pint of water. When half done add one pound of sugar to the orange juice and peel, and boil till pretty thick. When cold place in a shallow dish or patty pans lined with paste. Turn out and eat cold.

**PUDDING (Solid Fruit).**—Half a pound of flour, half a pound of bread crumbs, two ounces of sugar, two eggs or half a saltspoonful bicarbonate of soda (dissolved in a little water and mixed first with milk), one pound and a quarter of apples, cut rather small, or other fresh fruit; mix together with milk rather moist. Boil two or three hours. A saltspoonful of ginger or a little shred lemon peel is an improvement for apples.

**APPLE AND BREAD PUDDING.**—Three quarters of a pound of bread crumbs, a pound and a half of apples, sugar, and butter. Pare and cut the apples as for a pie. Put a little butter into a deep piedish, then a layer of apples, with a little sugar, then a thick layer of bread crumbs, then another layer of apples, and sugar, and bread crumbs. Lay a few small pieces of butter on the top, and bake in a moderately hot oven (or omit the butter, and moisten the top with a few spoonfuls of milk). Cover close, bake slowly three-quarters of an hour, then uncover, and brown quickly. Green gooseberries can be done in the same way.

**ANOTHER.**—Place in a basin (oiled or buttered) a layer of thin slices of bread, next a layer of apples, cut very small, with a sprinkling of currants and sugar, and a little grated lemon peel, and repeat alternately until the basin is full, bread being last. Then add cold milk, about half a pint or less for a quart basin, and bake from an hour to an hour and a half. Turn out in the ordinary way.

**APPLE AND CUSTARD.**—Pare and core seven good sized apples, or more if small. Boil half pint of water and half pound of lump sugar, with the rind of half a lemon rubbed on it, ten minutes, remove any scum. Put in the apple, and simmer gently till tender (about twenty or thirty minutes), taking care they do not break. Put in a glass dish, reduce the syrup by boiling quickly for five minutes, when cool pour over the apples. Have ready half or one pint of custard, pour round the apples, not over. Part of the apples may be cooked at a time, as they should not rest on each other.

(To be Continued.)



## SUMMER PROGRAMME OF WORK.

—:0:—

GENERAL order of work for every day of summer:—

Before leaving your room throw open windows top and bottom; lay pillows in the sun, bedclothes to air, and turn back mattress.

As soon as you come downstairs open blinds and windows.

Light kitchen fire; take up ashes; sift them.

Brush off the stove; rinse and fill the kettle.

Sweep the kitchen, the stoop or piazzas, beating all mats thoroughly.

Remove stale flowers from parlour and dining-room, and dust.

Prepare for breakfast, putting biscuit or muffins to bake while you lay the table. Close blinds on the sunny side.

After breakfast clear the table as soon as possible, putting milk and butter away at once, instead of allowing them to remain in the hot kitchen.

Do not leave the white table-cloth on a moment longer than necessary, as it attracts flies. For the same reason remove the crumbs from the floor. This applies to every meal.

Wash and put away breakfast dishes.

Darken the dining-room, pantry, and all unused rooms.

Make beds, empty slops, wash soap dishes, fill water pitchers, fold dry towels, take away soiled ones, but if damp dry them before putting into the soiled clothes hamper, as everything quickly mildews in hot weather.

Darken rooms after having put them in perfect order.

Either now or before going upstairs attend to the refrigerator—empty the drip-pan; remove everything that will not keep; wipe out sides and shelves with a large, coarse sponge kept for the purpose. If milk or other article has been spilt in it wash it out with hot water and soda or borax. Keep pieces of charcoal in it, which change often, and occasionally—if it cannot be aired without danger of food spoiling—put a plate of *unstaked* lime in each compartment and leave it till it crumbles; this dries the air.

Then proceed to the special work for the day.

If you are troubled with flies, the *last thing* before retiring, when all windows and doors are closed, puff Persian insect powder in the air of each room, closing the door after. Next morning, if the powder has been genuine (there is no article more adulterated druggists tell us), you will find the place strewn with the slain and a dusty deposit everywhere. This dust is the only objection to the use of powder, but it makes no more work than the flies themselves if they are unmolested, and is infinitely cleaner than plates of fly poison. The powder is simply the Persian camomile; not at all poisonous except to insect life. It may make you sneeze or cough a moment, as would flour or any other dust if the air were filled with it.

Burn or bury the flies you gather. It is said (but we have not tested the matter) that they are only stupefied, and that after a day or so they come to life again. We do know, if this is so, that it takes many hours to restore them.

## WISE WORDS ABOUT WOMEN.

—:0:—

MARRIAGES are best of dissimilar materials.—*Theodore Parker.*

At first babes feed on the mother's bosom, but always on her heart.—*Beecher.*

No man can either live piously or die righteous without a wife.—*Richter.*

SHE commandeth her husband in any equal matter by constantly obeying him.—*Fuller.*

To be a man in the true sense is, in the first place, and above all things, to have a wife.—*Michelet.*

SHUT the door of that house of pleasure which you hear resounding with the loud voice of a woman.—*Saadi.*

A WOMAN's feeling as to home is usually more intense than man's, to say nothing of her native endowments.—*Rev. Joseph Cook.*

THERE is in all this cold and hollow world no fount of deep, strong, deathless love save that within a mother's heart.—*Mrs. Hemans.*



## OUR SPHINX AND PUZZLE PAGE.

—:0:—

### DOUBLE ACROSTICS.

I.

#### The Words.

The father, in the fable it is said,  
Gathered his sons about his dying bed,  
And showed them, by the faggot and the thong,  
Divided they were weak, united strong.

So treat my FIRST and SECOND as you list,  
Their strength in union will alone consist;  
And this will be the burden of my song,  
"Divided we are weak, united strong."

My first ALONE will barren be and dry;  
My SECOND involved in dim obscurity;  
United they illuminate mankind,  
The willing servants of the informing mind.

Folly and bitterness its aid must lend  
This wondrous pair into the world to send;  
Nor can these powers be fully brought to light  
Save on a dazzling field of spotless white.

#### The Letters.

1. The teacher of the method how to teach.
2. The meaning brought within the meanest reach.
3. Name of a corner in poetic speech.

II.

#### The Words.

Warrior and poet, judge, divine,  
Peasant and peer of ancient line,

Among my whole are found.

But if they gathered in my FIRST  
As foemen, forth at once should burst  
My second warning sound.

#### Letters.

1. A scion of a kingly race.
2. A fruit which your dessert will grace.
3. A prize of valour, learning, skill.
4. What doctors give you when you're ill.

### ENIGMA.

When'er you walk you tramp on me,  
A fish you'll find me in the sea;  
I'm flesh as well as fish, and, say,  
I'm wood, I'm leather, stone, or clay.

If you a desert home possess'd,  
On island, or in wilderness,  
Without companion, friend, or guest,  
Your lone condition I express:  
Change but a letter, then transpose,  
No change of sound I and disclose,  
But, wondrous changed I am in meaning,  
For, now behold a human being.

### DECAPITATIONS AND CURTAILMENTS.

1. Behead and curtail to beat and leave to detect.
2. To bind and leave to file.
3. Too late and leave to elevate.
4. A way and leave a large vegetable.
5. To escape and leave to bend.

### DECAPITATIONS.

1. Behead to direct and leave to dwell.
2. A drink and leave to attack.
3. A coward and leave a bird.
4. To wander and leave a fish.
5. Legal and leave terrible.
6. To chastise and leave a record.

### WORD SQUARE.

A lady fair you first must take,  
And then what tailors often make;  
To vindicate stands third in place,  
In next an insect nuisance trace;  
Obstructive harrows fifth are seen,  
The last, to manifest may mean.

### WORD CHANGE.

Change warm to cold in four words.

### DIAMOND PUZZLE.

1, A consonant; 2, A representation; 3, A list of jurors; 4, A turner's instrument; 5, A small sea fowl; 6, Endangered; 7, One affected with a loathsome disease; 8, Conducted; A consonant.

### CROSS-WORD ENIGMA.

I.

In cold not in hot.  
In kettle not in pot.  
In saucer not in cup.  
In spaniel not in pup.  
In father not in son.  
In gallop not in run.  
In Shylock not in Lear.  
Whole a famous engineer.

II.

In hen not in chick.  
In stone not in brick.  
In red not in blue.  
In slipper not in shoe.  
In ice not in snow.  
In wind not in blow.  
In jug not in dish.  
Whole is a small fish.

### HIDDEN ANIMALS.

1. Mica melts only in the fiercest fires.
2. The best shots were made here in deer park.
3. Fetch a sponge to wash the blood from her face.
4. The mob is on the steps demanding the criminal.
5. At the Rajah's request a private ship was launched.

### METAGRAM.

I.

Whole I am a divine, change my head and I become successively, proclaiming, a statesman, refreshing and conversion.

II.

Whole I am a small brook, change my head and I become successively, to clothe, scorn, an instrument for catching fish, part of a violin, a dry measure, and to care for.

### DROP-LETTER PROVERB.

H-n-s-m-i-t-a-h-n-s-m-d-e.

### CHARADE.

I.

"Oh! Aggie, dear," he sadly cried,  
"Pray, marry me!"  
She silently the speaker eyed,  
Then dropped her eyes, and softly sighed;  
"Must I name the —?"  
"Day?" she would have TOTAL said,  
But said no more;  
Instead she slowly shook her head,  
"I'd rather go and beg for bread,  
"Than marry—for —."  
Again he was in FIRST and fear,  
For she had stopped;  
And he began to feel a queer  
Sensation, while a trickling tear  
From eyelid dropped.  
"For I am —," then again she ceased  
And bowed her head.  
"Be LAST, a mystery, at least,  
"I'll see," she said, "now you're appeased,  
"Well, I am wed."

II.

FIRST lights benighted travellers on their way,  
LAST quickly darts through waters of the bay,  
WHOLE builds its nest in meadows green and fair,  
And warbles merry songs in lucid air.

III.

My FIRST fills soon with sons of toil,  
Who crowd each seat with eager haste;  
Knights of the NEXT who do not soil  
Their hands by using bricks or paste;  
And girls who LAST to earn a meal  
By sewing stitches all day long.  
All seems to make each mortal feel  
That earth is not an endless song;  
The trades of WHOLE should pay, no doubt,  
But there are many of the craft  
Who have each day to hang about  
And catch at any floating raft.



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# THE COOK & HOUSEKEEPER

A JOURNAL  
FOR EVERY HOME



No. 10. VOL. I.

SATURDAY, MAY 7, 1887.

PRICE ONE PENNY

## FIRST LESSONS IN CARVING.

### ROAST LOIN OF MUTTON.

To carve a loin of mutton requires but little practice, dexterity being the chief point to arrive at—in fact, the whole success might be said to rest with the butcher, for, as in the case of every other joint, but perhaps a little more so in a loin of mutton, it should be carefully jointed before being cooked. This knack of jointing requires a certain amount of practice, and, above all, the proper tools, which few but the butcher usually possesses. Any clumsy attempt to divide any of the bones and joints with a chopper usually results in very little more than a mass of splintered bones, and the carving of the same becomes a very ungracious business. Whereas if it has been attended to skilfully it is an easy and untroublesome task. To commence, the point of the knife should be inserted at 1, and, after feeling your way between the bones, it should be drawn sharply in the direction of the dotted line to 2. In helping your guests you should ask if any had a preference for the outside chop, as some have; whilst others do not like it. And should the kidney be on the joint when it comes to table, a small portion should be placed on each of the plates till the whole is exhausted.

### ROAST LEG OF PORK.

This joint, which is a great favourite amongst a large number of people, is another very easy one to carve; and in pork is the most economical family joint; whilst the loin, which is carved in the same manner as mutton, is the richest. The knife, after being well

sharpened, should be carried sharply down to the bone, in the direction of the dotted line, from 1 to 2. Make this cut right through the crackling, and then proceed with similar cuts from either side of a moderate thickness. Sage and onion and apple sauce should always be sent to table with this dish, and sometimes the leg is stuffed, and then the guests should be asked if they will have either or both. To stuff the leg, cut a slit in

the knuckle and loosen the skin all round; fill this up with a stuffing of sage and onion. But a very good plan, now often followed, is to send the stuffing to table quite separately from the joint, for it is not everybody to whom it is agreeable. To make the crackling much crisper, and of a better colour, brush the joint over with a little salad oil before putting it down to a bright, clear fire; but not too near, as that causes it to blister.

### AITCHBONE OF BEEF.

This, again, is a simple joint to carve, a description of which is hardly necessary; but the fact must be borne in mind that, until that simple explanation is given, there are many persons, especially young ones, who, from sitting at the family table, have never received a practical lesson in

carving to whom the serving of an aitchbone of beef is a mystery. As in a boiled round of beef, it is as well to first remove a moderately-thick slice from the outside before commencing to help. Then guide the knife in the direction of the dotted line, from 1 to 2, serving nice even and thin slices.





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(ARRANGED ALPHABETICALLY.)

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**Bride Pie.**—Take four small chickens, four squab pigeons, four sucking rabbits; cut them in prices, season them with savoury spice, and put them in the pie with four sweetbreads sliced and as many sheep's tongues and palates, some savoury balls, and oysters. Lay and butter, and close the pie.

**Brill** is a flat fish with scales, very much like a turbot, but larger and thinner. Many persons prefer it to turbot, from which it may be distinguished by its want of tubercles on the upper surface, and by the colour, which is a reddish sandy brown on the upper side, varied with darker brown and sprinkled with white pearly spots. It seldom weighs more than eight pounds. Clean it well, scale it, and empty through the gills. Make an incision along the spine on the black side; cut open the fillets, season them inside with salt, pepper, and a piece of butter about the size of a walnut. Put it in a tin with a chopped onion, half a laurel leaf, two sprigs of thyme, three of parsley under it, the cut side down; add pepper and salt; add a glass of white wine. Put here and there some pats of butter. Bake in oven.

**Brill.**—A simple way is to boil the fish, and put twelve tablespoonsful of melted butter in a stewpan, place it on the fire, and when nearly boiling mix two ounces of fresh butter, and three tablespoonsful of capers with a little pepper and salt. Dish on a napkin, and pour the sauce over and serve in a boat. There are endless ways of cooking brill, but *Fillets de Brill* are generally approved of. Fillet a brill by passing a good knife from the head to the tail of the fish close to the middle bone, hold your knife in a slanting direction, keeping it close to the bone without cutting the bone until you reach the fins, proceed in like manner until you have got off all the meat from the bones, then cut each fillet in halves, or in four pieces if they are large, egg and bread-crumbs each piece, then dip them in clarified butter, and again bread-crumbs them; when ready fry them of a yellowish brown in salad oil, dish them on a napkin, and have a good bit of fried parsley, which place in the middle, dishing your fillets round it, serve with a sauce *Hollandaise*, in which you introduce a tablespoonful of the best salad oil. To fry fish in oil, you merely require to cover the bottom of your sauté-pan, and let it get very hot before you put the fish in it. A modern authority, usually considered great on this point, simply says:—"This fish resembles the turbot, and is boiled in the same manner."

**Brill (Plain)** is very delicious eating when boiled with capon sauce. It is to be cooked exactly in the same manner as boiled turbot. After having emptied and washed the fish clean, make an incision in the back down to the bone; then wipe it quite dry; next lay it in a dish to steep in salt, pepper, and sweet oil; put in very little oil, as it requires only sufficient to prevent it from drying. Half-an-hour or even three-quarters of an hour before dinner time, broil the fish over a slow fire. It is requisite to lay some straws on the gridiron, to prevent its making black streaks on the fish, which broil on both sides and serve with caper sauce. It makes excellent fillets.

**Brill (Another Way)** is to score the fish, cook it in a pan with butter or oil. When done, pour off the gravy and reduce one-fourth. Add four or five spoonsful of Bechamel sauce, three ounces of butter, half a handful of Parmesan, mixing

slowly. Pour the sauce over the fish, add scraped Parmesan and bread-crumbs. Brown in an oven and serve. Others add to the cooked brill four ounces of butter, two spoonsful of flour and butter whipped up like cream, the juice of a lemon. Put the brill on a dish, cover it with the sauce; put round the dish some prawns, truffles, and mushrooms previously cooked. Soyer, who considers the brill very inferior to turbot, recommends it in fillets, but says a good way is to plain boil it in boiling water with plenty of water and about a pound of salt; when it boils up again let it simmer for half an hour or more, according to size. Try whether it is done as you would a turbot; drain it, and dish it on a napkin; garnish with parsley, and serve with shrimp sauce.

**Brills**, with caper sauce, are cooked simply. Soyer's directions are as follows:—Take a very fresh fish, and an hour before cooking rub a good handful of salt on it, then boil it as before; dish it without a napkin, and have ready the following sauce:—Put a pint and a half of melted butter into a stewpan, then have ready prepared three tablespoonsful of capers and two of gherkins, with a little boiled spinach pounded in a mortar with four ounces of fresh butter, and passed through a hair sieve, and when the butter is nearly boiling stir it quickly into it; finish it with a little essence of anchovy, a little cayenne pepper, and a little sugar, and pour over the fish when ready to serve. The butter requires to lay upon ice until quite hard.

**Brûlée Paste.**—Three pounds of flour, an ounce of salt, an ounce of sugar, half a glass of cream, twenty or thirty eggs, and two ounces of butter. Sift three pounds of flour; take one-fourth of it, and make the hollow in the middle; add a glass of lukewarm water, an ounce of good yeast, which dilute directly, and little by little mix lightly; add enough lukewarm water to form a rather soft and light paste. When you have beaten and worked it some minutes it should come easily from the dresser or hand; gather up this paste, and put it into a small stewpan, which set in a moderately warm place; lay a napkin over it. Place the remainder of the flour on the pasteboard, an ounce of salt in the middle, an ounce of pounded sugar, and half a glass of cream; stir this, and add from twenty-six to thirty eggs, according to size; when all the eggs are broken, add in some pieces, two pounds of butter; then mix in the flour gently; fraise it three times in the water, so as to mix the butter through the whole body of the paste, which should be rather soft, if not add eggs; the yeast paste being fully up, add it to the other, and mix the two thoroughly; put the whole into a wooden bowl; fraise the little of what sticks to the napkin, and put it where there is no draught and the heat is gentle. This paste is usually made overnight for use the next day; when this is the case lightly flour the pasteboard the first thing in the morning, spread the paste on it, and fold it on itself; pour it back in the pan, and repeat this three or four hours. When used it requires a strong and thoroughly-heated oven. Air bubbles at the surface, softness, and elasticity are symptoms which denote your paste; otherwise it is dead, sticks to the fingers, and will only be heavy, close, and unpalatable; the fermentation has not been good. It must not be made more than twenty-four hours before baking.

**Broccoli à l'Allemand.**—One third broccoli, one-third turnip-rooted radish (sliced very thin), and one potato served with a bacon dressing, seasoned with a little onion and parsley. The stem of the sprouting broccoli produces a number of small heads; served as a salad they are very acceptable. They may be mixed with cold tongue, veal, beef, and pickled beet, or used as a garnish.

**Broccoli Salad.**—Choose the whitest and closest heads, trim off all unnecessary leaves and the outsides of the stalks, and place the broccoli in salted water a few minutes; when well washed put them into a saucepan, cover with hot water, add a little salt, and boil fifteen minutes; drain quickly and plunge into a basin of cold water. Mash a chive of garlic, and chop it up fine with a few sprigs of chervil or parsley, a little grated horse-radish, and a leaf of mint; add a wine-glass of the best vinegar, and three wineglasses of oil, cayenne to taste; mix together and pour over the broccoli, and serve.

**Broccoli Sprouts in Salad.**—"Broccely is a pretty dish by way of a salad in the middle

of the table. Boil it like asparagus; lay it in your dish, beat up the oil and vinegar, and a little salt. Garnish with nasturtium buds."—Mrs. Glasse.

**Broiled Kidneys.**—Split the kidneys and take off the thin skin. Run a fineskewer through them to keep them open, dust them over with pepper and salt, and dip them into a little melted butter. Broil them over a clear fire just when they are wanted, and be careful to cook the cut side first. By doing this you prevent the escape of the gravy. Turn them and broil the other side, taking care that they do not turn sideways, as all the gravy will rise to the top of them. Dish them carefully. Chop some parsley very fine, and mix it with a bit of fresh butter, pepper, and salt, and a few drops of lemon juice. Put a little of the mixture on the top of each kidney, and send to table very hot.

**Broiled Lobster.**—Split the meat of the tail and claws, and season well with salt and pepper, and dredge with flour. Place in the broiler and cook over a bright fire until a delicate brown. Arrange on a hot dish, pour Bechamel sauce around and serve.

**Broiled Mutton Chops.**—These may be cooked and flavoured like steaks. Peel a clove of garlic, put it on the end of a fork, and rub both sides of the chop lightly with it. Chopped mushrooms are very good with broiled chops. Chops should be cut three-quarters of an inch thick, leaving half an inch of fat around them, broiled over a clear fire for ten minutes, turned four times, sprinkled with salt and pepper, served on a hot plate with nice mealy potatoes.

**Broiled Mackerel.**—Split them down the back, take out the bone, and rub the inside with pepper, salt, parsley, and fennel chopped finely, flour and broil them, serving up with a sauce of parsley, fennel, melted butter, and lemon sauce.

**Broiled Partridges.**—Take off the heads and prepare them as if for the spit, break down the breastbone and split them entirely up its back and lay them flat. Shred an eschalot as fine as possible, and mix with bread-crumbs. Dip partridges in clarified butter, and cover inside and outside with the crumbs. Broil them over a clear fire, turning them frequently for a quarter of an hour, and serve them up with mushroom sauce.

**Broiled Pigeons.**—Prepare, cook, and serve the same as quails. They should be young for broiling.

**Broiled Pork Chops.**—Cut the pork chops the same as veal cutlets, leaving a little fat on them; beat them to flatten them into a good shape; broil them, and serve with a sharp sauce.

**Broiled Pork Chops (Another Way).**—These should be cut not quite so thick as mutton, and the skin left on. They require one-third longer time to cook. Well rubbed with pepper, and salt, and an onion, previous to broiling, improves them. They can be served with any sauce, as apple, tomato, horse-radish, mustard, sage, and onion.

**Broiled Quail.**—Split the quail down the back; wipe with a damp cloth. Season with salt and pepper, rub thickly with salt butter, and dredge with flour. Broil ten minutes over clear coals; serve with hot buttered toast, garnished with parsley.

**Broiled Small Birds.**—All small birds can be broiled according to the direction for quail, remembering that for extremely small ones it takes a very bright fire, as the birds should be only browned. The time required is very brief.

**Broiled Sweetbreads.**—Split the sweetbreads after being broiled. Season with salt and pepper, rub thickly with butter, and sprinkle with flour. Broil over a rather quick fire, turning constantly. Cook about ten minutes. Serve with cream sauce.

**Broiled Veal or other Meats.**—Take part of a fillet of veal, some beefsteaks, part of a leg of mutton, or some pork, and cut the meat into pieces of the thickness of half a finger and the width of four fingers; stew them a short time in a marinade made of a little sweet oil, salt and pepper, parsley, green onions, and shallots, all shred fine; then take some paper, and having rubbed it over with oil form it into little cases, and put each separate piece of meat, with its seasoning, into these papers; next broil them on a gridiron over a slow fire, covering them with a sheet of paper, and as they cook put in, from time to time, a few crumbs of bread. When done, add a sprinkling of vinegar; serve in the papers.



**Broth (in Haste).—**Cut some cold roast meat or broiled steak very fine. To a teacup of the cut meat put a pint and a half of boiling water; cover it, and set it on the fire for ten minutes; season to taste. This broth is both excellent and convenient for invalids and children.

**Broth (Made in an Hour).—**When *bouillon* is required in haste, take a pound of beef or veal, and cut it into small pieces. Put it into a saucepan with some carrots, onions, a little bacon, and half a tumbler of water; salt to your taste. Let it simmer half an hour, or till it begins to adhere to the saucepan; then add a pint of water. Boil gently during half an hour, skim carefully, and finally strain through a sieve.

**Broth, Jelly, or Consommé.**—This is nothing but good stock, rendered more juicy and restorative by being boiled a very long time. Thus it will be found easy to make consommé from any sort of common stock. To clarify it throw in when it boils some whipped whites of eggs, after which strain it through a wet cloth. Another receipt is as follows:—Put into a stock-pot a knuckle of veal, some lean beef, and any trimmings and bones of poultry or meat you may happen to have in the house. Let this meat stew over a gentle fire, moistening with a teacupful of stock and adding a bunch of parsley and green onions. When the largest piece of meat is so much done that, on penetrating it with a knife, no blood follows the blade, moisten with some more boiling stock, and let it simmer for about four hours, skimming very frequently. Do not let it remain too long on the fire, or it will lose its right flavour and colour; strain through a silken sieve.

**Brown Bread.**—This recipe for brown bread will make a good sized loaf:—Two cups of yellow Indian meal, one cup of rye flour, one cup of wholemeal flour, one cup of treacle, three teaspoonfuls of baking powder, and milk enough to make a stiff batter. Pour into a buttered mould and steam three hours and a half. When done brown in the oven.

**Brown Bread Pudding.**—Take half a pound of brown bread, and double the weight of it in beef suet, a quarter of a pound of cream, a whole nutmeg, some cinnamon, a spoonful of sugar, six yolks of eggs, three whites, mix it altogether, and boil in a wooden dish two hours. Serve it with sherry, and sugar and butter melted.

**Browned Potatoes.**—Boil the potatoes while the meat is roasting, and an hour before it is served take off the skins; flour the potatoes well, and put them under the meat, taking care to dry them from the dripping before they are sent to table. The kidney potatoes are best dressed in this way; the flouring is very essential.

**Browned Potatoes (Another way).**—After the potatoes have been boiled, and while they are hot, take off the skins, flour them and broil them on a gridiron. They are to be eaten with cold batter, and are very nice.

**Brown Gravy.**—Butter the bottom of a thick stewpan, peel six large onions, cut them in three slices, lay them flat on the bottom of a stewpan which you have well buttered, take ten pounds of leg of beef, cut the flesh from the bone in large slices, lay it over the onions with the bones, which must be well chopped, add six cloves, two blades of mace, two carrots, two turnips, two leeks, one head of celery, and a tablespoonful of salt; put it over a brisk fire about ten minutes, shake the stewpan now and then, and when forming a brown glaze at the bottom, cover the stove with ashes; set it on again and let it remain half an hour (until it gets very brown but not burning); pour the fat off, which must be very clear, if not it is not ready to fill up; fill up with ten quarts of cold water; when boiling let it simmer at the corner of the stove two hours, skim it well, pass it through a cloth, and use it when required. Should any of the brown sauces, large or small, be too pale, use some of this gravy instead of *consommé* as directed.

**Browning** is butter and flour coloured over the fire. Brown onions for colouring is made by taking off the coats of twelve onions, chopping them up and browning them in a saucepan over a quick fire, with a piece of butter. When they are well browned, moisten them with two table-spoons of veal gravy, some shallots or garlic and herbs. Warm over a slow fire, stirring with a wooden spoon. Strain through a sieve, put back

into the saucepan, with some *sauce à l'épagnole*, and let them boil until they become of the proper consistence for a purée. Burnt onions for colouring soups are sold at oil shops.

**Brown Roux.**—Melt about a quarter of a pound of butter over a slow fire, and flour it when melted from the dredging-box till you obtain a thin paste; then fry it over a quick fire, and afterwards more slowly till it becomes of a darkish brown colour. Be particularly careful not to attempt to brown at once by a quick fire, for if you do so the roux will be bitter. Set it by in a jar to use for thickening brown sauces.

**Brussels Duck.**—Cut a veal sweetbread and some streaked bacon into dice, and mix them with parsley, green onions, mushrooms, and two shallots, all shred fine, some salt, and coarse pepper. Put the whole into the carcase of a duck, sew it up that none may fall out, and stew the duck, having a thin slice of bacon on its breast, with a large glassful of wine, as much stock, two onions, a carrot, half a parsnip, and a bunch of sweet herbs. When done strain off the sauce, skim, and add a little flour to thicken it.

**Brussels Sprouts.**—Trim and boil about thirty head of Brussel sprouts very green in two quarts of water, with which you have put a quarter of a handful of salt; when done strain them, and chop very fine; then put an onion in a stewpan in slices, with two ounces of butter, three sprigs of parsley, and an ounce of raw ham; stir them ten minutes over the fire, then add the chopped Brussel sprouts, and half a teaspoonful of flour; mix all well together, and add half a pint of white veal stock and half a pint of milk; stir until it boils, then add a teaspoonful of powdered sugar; rub it through a tammy, and serve when directed. Season with a little pepper and salt if required. It must not be too thick.

**Brussels Sprouts.**—Trim about thirty Brussels sprouts; have ready in a stewpan three quarts of boiling water, into which you have put a tablespoonful of salt; put in the sprouts, let them boil twenty minutes, then press them with your fingers; if they are soft they are done, but be careful not to break them, lay them upon a sieve to drain.

**Brussels Sprouts, Salad of.**—Pick over carefully a quart of sprouts; wash them well, drain and boil them rapidly for fifteen minutes (if they are boiled slowly they lose their colour); drain and plunge them into cold water; drain again and place them in the centre of a salad bowl; put round them a border of potatoes, sliced small, and a few green peas; sprinkle over the salad a teaspoonful of minced salad herbs, pour over all a plain salad dressing. Brussels sprouts are frequently used as a garnish to vegetables and other salads.

**Brunswick Cake.**—Make brioche paste, with twelve ounces of flour, eight of butter, a quarter of an ounce of yeast, the same of salt, the same of sugar, and seven eggs. Mould the paste—that is, work it up—previous to putting it into the vessel in which it is to be baked; butter the mould and put in the paste; mix half a pound of dried cherries or sultana raisins, with two ounces of sliced almonds, a quarter of an ounce of ground cinnamon, two ounces of candied lemon and orange peel, cut into fillets; make four incisions across the paste, about half an inch deep; mix the latter ingredients, and fill these incisions with them; tie a piece of buttered paper round the mould, rising about four inches above the rim; let it rise about half an hour before you bake it; it will require about three-quarters of an hour in a sharp oven; mask it with pounded sugar and cinnamon, and serve on a napkin. The mould is generally a Yorkshire pudding dish, oval or round, and about two inches deep.

**Brunoise Soup.**—Cut the red part of three or four carrots, with two or three turnips, into small dice. When these vegetables are very young they are merely sweated down with a piece of butter, ham, and a little sugar, without being blanched or separately boiled. Cut three cabbages, lettuces, and a handful of sorrel in small squares, with a little butter and a piece of ham over the stove; sweat them over a brisk fire, and when drained add them to the carrots and turnips. Fill up with two quarts of clear brown sauce, and put it on to the corner of the stove to throw up its scum. In this add a small faggot of chervil.

(To be Continued.)

A cup is useless to hold water when it is cracked.



## THE WARBLERS.

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(Continued from page 132.)

THE grasshopper warbler is a slenderly formed and elegantly formed but plainly coloured little bird, remarkable for its hiding habits and its peculiar cry, which greatly resembles that of the mole cricket. It arrives in April, and is generally dispersed over England. It is very rare in the neighbourhood of London, and Sweet says he never saw but one in the vicinity: "that one I caught in a nightingale trap, about the middle of August, 1823, in Mr. Colvill's Grosvenor Nursery in the Five Fields, near Grosvenor-place, which is now partially covered by houses. I kept it till the February following, and it would have succeeded well had I not allowed it to wash too much, not thinking at the time that the washing would hurt it. I never could procure one since." It liked the same food as other birds of its tribe. They are not uncommon in several parts of England, and are said to be common on Malmsbury Common, Wiltshire, in summer, where they breed. They are also seen in Norfolk and Suffolk, and in various other parts, where they build their nests in such high grass or sedge that it is with difficulty found, except by watching the old birds carrying food to their young. The young may be easily reared by placing their nest in a little covered basket, nearly filled with dry moss or soft hay, and fed with insects, such as small caterpillars, ants' eggs, spiders, moths, butterflies, and flies. Keep them clean; have a few small gravel stones mixed with their food occasionally.

The Dartford wren is permanently domiciled with us, but very locally distributed. Dr. Latham first described it as British species from specimens found on Bexley Heath, near Dartford, in 1773. Sweet speaks of it as one of the rarest of the British species, found at Dartford, and Kingsbridge, Devon, and near Truro, Cornwall. It has also been seen on Blackheath and on Wandsworth and Wimbledon Commons, where it built in the furze, and fed on insects. In captivity it must be treated just as the others are.

## THE PIPET.

Is a link between the wagtail and the lark. They resemble the former in the movements of the tail, the latter in their plumage. Bechstein calls the first pipet, or titlark, in Germany, the smallest of all larks. It may be taken with the nets used for the skylark. It comes here in March, and, if the weather is cold, is to be seen in ploughed fields and near warm springs. It has a peculiarity shared by very few birds; its call in the pairing season is entirely distinct from any note it utters at other times. In ordinary times it perches on the ground and cries *Giek, Giek*; when perched in a tree, and it cries *Tzip, Tzip*, the nest is not far off, and will be found full of insects. In captivity it must be weaned from insects by degrees, until it accepts the food of the aviary.

The tree pipet is a better songster, and sings in a curious way, rising from the topmost twig of a tree and fluttering onward as it sings. They both require great care in the moulting time, and, above all, very nourishing food. They are very docile, and will learn the songs of other birds. The sand pipet, sometimes called the mudlark, is common on the southern shores of England, feeding chiefly on aquatic insects. It is sprightly and has a very musical song. Bechstein advises its being treated like other pipets, but is not easily accustomed to the food of the aviary.

## THE SKYLARK.

(*Alauda arvensis*.)

WE now come to a species which rightly should not be included in cage birds; its whole



nature unfits him for cage life. The skylark is a little larger than the yellowhammer. It measures four inches in length, and the tail is three inches long—together, seven. The beak is straight, soft, and conical. The mandibles are of the same length, the upper blackish brown and the lower white. The iris is greyish brown; the feet also greyish brown, with a tinge of yellow in spring, and somewhat less than one inch in height. As is the case with all the larks, the hinder claw or spur is longer than the other.

The forehead and poll are rusty yellow, spotted lengthwise with blackish brown. When the bird is roused, the feathers occasionally erect themselves into a crest. The cheeks are greyish brown, and encircled by an indistinct whitish grey line, which passes between the eyes. The feathers of the back are reddish brown, and in others whitish grey. The wing-coverts are greyish brown, the larger one being edged with pale reddish brown. The hue of the pen feathers are dark brown, the first five being whitish, the next reddish in their margin, and those next to the body being grey all tipped with white. The female is not quite so large as the male, but has larger black spots.

The black lark, as its name implies, is black, except with some margin of white on the belly. It is frequently to be seen in aviaries. The white lark is pure white, or with a rather yellowish tint.

The field lark is to be found all over the world, and its familiar note is well known to millions. It arrives in this country about February, and takes its departure to the sunny south in October. It arrives in this country earlier than any other bird known to naturalists.

In a wild state the lark feeds on insects and their larvæ, ants' eggs, various kinds of small seeds, and in autumn and spring on oats, which it shells by beating them on the ground.

It must be fed when caged on crushed hemp-seed and oats, bread crumbs, cut poppy seed, with now and then a piece of cabbage. When just caught poppy seed cut fine should be given.

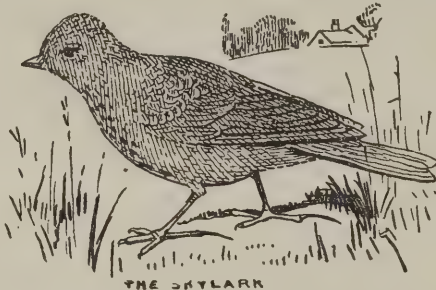
Like all other birds the skylark suffers from many diseases. Sometimes its skin becomes scabby and yellow. Good food and universal paste should be supplied, and a little green fruit. It lives about seven years when kept in confinement.

The lark is a very docile bird, and its song is very agreeable. "No bird sings with more method; there is an overture performed, vivace crescendo, while the singer ascends; when at full height the song becomes moderato, and distinctly divided into short passages, each repeated three or four times over, like a fantasia in the same key and note. If there be any wind he rises perpendicularly by bounds, and afterwards poises himself with breast opposed to it. If calm he ascends in spiral circles; in horizontal circles during the principal part of his song, most zigzagly downwards during the performance of the finale. Sometimes after descending about half way he ceases to sing, and drops with the velocity of an arrow to the ground. Those acquainted with the song of the skylark can tell without looking at them, whether the bird be ascending or stationary in the air, or on their descent; so different is the style of song in each case. In the first, there is an expression of ardent impatience, in the second, an *andante* composure, in which rests of a bar at a time frequently occur; and in the last a graduated sinking of the strains, often touching the sub-dominant before the final close. The time and number of the notes often correspond with the vibration of the wings; and though they sometimes sing when on the ground, as they are seen to do in cages, their whole frame seems to be agitated by their musical efforts."

The strong attachment of this species for their young has been the subject of remark by many naturalists. Mr. Blyth records that some "mowers actually sheared off the upper part of a nest of the skylark without injuring the female while she was sitting on her young; still she did not fly away, and the mowers levelled the grass all around her without her taking further notice of their proceedings. A young friend of Mr. Blyth's, the son of the owner of the crop, witnessed this; and about half an hour afterwards went to see if she was

safe, when, to his great surprise, he found she had actually constructed a dome of dry grass over the nest during the interval, leaving an aperture on one side for ingress or egress, thus endeavouring to secure a continuance of the shelter previously supplied by the long grass. Two or three instances are recorded of the skylark moving its eggs under the fear of impending danger; and Mr. Jesse speaks of the attempted removal of a young bird of this species to a place of safety by its parent, which, however, had not strength for the purpose, but was obliged to drop the fledgling from the height of about thirty feet, so that it was killed by the fall.

Yarrell observes that "skylarks constantly dust themselves, appearing to take great pleasure in the occupation, shuffling and rubbing themselves along the ground, setting up their feathers, and by a peculiar action of the legs and wings, throwing the smaller and looser portion of the soil over every part of their body. This is supposed to be done to throw off small parasitic insects." This author says also "that during the time of producing the eggs, the female has occasionally been heard to sing with



THE SKYLARK

a power and variety of tone equal to the voice of her mate. The male skylark, though at other times timid, is, while the female is sitting, bold and pugnacious; driving every other bird away that ventures too near his charge, both watching and feeding her with unceasing solicitude."

To no bird, save the nightingale, have the English poets paid such homage as to the skylark; from Chaucer down there is not one who has not repaid the ecstatic music of that "Bard of the blushing dawn," with a strain as full of gladness or melody; and not from the poets only has it received these tributes of admiration: grave divines, such as Jeremy Taylor and Bishop Hall, have made it the theme of their high discourse; the former says "It did rise and sing as if it had learned music and motion from an angel."

### THE CRESTED LARK.

The crested lark (*Alauda cristata*) very much resembles the skylark, except that it is stouter, and its plumage lighter. It is very common in Germany, wandering along highways, near dunghills, stables and barns in company with sparrows and yellow hammers. It is to be found all over Europe. In summer it frequents the thickets and bushes, near cultivated land, woods, and is seen near secluded villages. It migrates in October.

In confinement it can be allowed to range about a room where there is a sleeping place for night, or be placed in a cage, the same as is used for skylarks, and which we will describe here. The shape is of no consequence, but the length should be about seventeen or eighteen inches, the width ten, and the height sixteen. The bottom should be composed of a drawer full of river sand, with which the little creature will dust itself; the top must have cloth under it, so that when it flies upward when singing, it may not hurt itself. It must have a trough each for food and water. When ranging in a room see to their feet twice a day, as dust, hair, wool and flax are dangerous.

In a wild state it lives on insects; in captivity it must be treated as is the skylark. Only a few instances are known of its being taken in this country. The Dublin *Penny Journal* of Feb. 27, 1836, contains a letter from a correspondent who says he shot one near Surrey; another is described by Yarrell as killed in Sussex. "This species," says Macgillivray, "is very like the common lark, but with the bill stronger, and distinct decumbent,

erect-like crest. It is found in most European countries."

The other larks all may be fed and treated much the same as the above, such as the wood-lark, called in old songs the woodwale. In the ancient ballad of "Robin Hood" we find it said:—

"The woodwale sang, and would not cease,  
Sitting upon the spray,  
So loud, he waken'd Robin Hood  
In the greenwood where he lay."

(To be Continued.)

### CUSTARDS.

#### DIFFERENT WAYS OF PREPARING THESE DESIRABLE DAINTIES.

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ALTHOUGH custard is only generally understood to mean three or four ways of using eggs and milk, it takes, in fact, a far wider range in cooking; but, perhaps, we may in this paper go even beyond what may be called custards proper, and give under that head a few recipes that may fairly be classed as custards, although they are called creams. We mean all that require the same mode of cooking. There is, perhaps, no article of diet so easily prepared as baked custard, but boiled custard is a very different matter, although to many this also seems easy, and it is easy to make a thin fluid, which is not custard, but which passes for it very often, or to make the corn starch thickened custard, which is wholesome, but quite a different thing in point of flavour from custard proper. Where corn starch is added to boiled custard, it is usually to economise eggs; and yet, as a rule, a much better custard may be made with the same proportion of eggs without starch as with it. That is to say, one egg, half-a-pint of milk, and *patience*, will produce custard as thick as good cream, and the addition of corn starch is not necessary unless you wish to have the custard very thick, or to use less than four eggs to the quart. For the very thick custard required sometimes—that is to say, custard that will only pour slowly from the pitcher when cold—double the quantity of eggs are required—that is, eight to a quart. All or part of the whites may be left out if wanted for other purposes; they add nothing to the flavour, but they help to thicken. Nevertheless the best cooks use only yolks of eggs for boiled custard.

We have said above that half-a-pint of milk and one egg will make a custard that is as thick as cream, by which we mean that a spoon dipped into it will have a thin, opaque coating, technically called "masking the spoon;" but to do this requires great care and patience; but if corn starch is used, the same patience is or ought to be used, or else the egg is raw.

Thin custard, supposing the eggs used are sufficient, is owing to the fact that it is insufficiently cooked; the egg is still raw, therefore cannot thicken the milk; it will also have a semi-opaque appearance, instead of the yellow, creamy look it should have. To anyone who wishes to make boiled custard with eggs only, but who has not yet succeeded in getting it thick without corn starch or flour, or else using many eggs, we would recommend the trial of a very small quantity at first,—say half-a-pint and one egg.

**BOILED CUSTARD.**—Put half-a-pint of milk in a small, thick saucepan; beat an egg light; when the milk boils, add to it a tiny pinch of salt—as much as will go on the end of a pen knife—and pour it, not more than a teaspoonful at a time, to the egg, beating always. If you have no double boiler, pour the custard into a small pitcher, which stand in a saucepan, with boiling water to reach above the custard. Sweeten with one moderate tablespoonful of sugar, and flavour; but the flavouring is so important that I will leave it to be treated of by itself. Stir the custard constantly till it begins to thicken, then lift the pitcher for a few seconds out of the water, stirring it all the time, then return it; remove it thus two or three times just at the boiling point—the object is to cook the egg thoroughly without letting it curdle. Now an egg cooks just *under* the boiling point, but if it boils it curdles. The cause of thin custards is that in the fear of it boiling it is not allowed to cook, but is removed at the first sign of thickening; but if it is taken off then for a few seconds, and returned again



and again, it will be kept just off boiling, and the egg will thicken the milk as it cooks. When thick as good cream take the pitcher from the fire, pour the custard back and forth into a bowl. This will prevent curdling, and save the long stirring to cool it.

**BOILED CORN STARCH CUSTARD.**—Boil a pint of milk; mix a small dessertspoonful of corn starch with a little cold milk, only enough to make it a smooth paste stir the boiling milk to it; return to the saucepan, and boil for ten minutes. Sweeten with two tablespoonfuls of sugar, add the sixth of a saltspoonful of salt, then stir it two one or two beaten eggs. Let this thicken in the same way as for custard. There is not the same danger of curdling, but if it is not cooked, the custard will be ropy instead of creamy.

**BOILED CUSTARD WITH FLOUR.**—This is generally used for filling of cakes, and is called "confectioner's cream." It is commonly a custard in which flour takes the place of the corn starch, but otherwise made in exactly the same way. It is, of course, not real custard, but often called so. We give also a delightful variety of it called

**FRANGIPANNI CREAM.**—One gill and a-half of cream, one tablespoonful of flour, one tablespoonful of orange flower water (less if strong), two of brandy, or one of sherry and one of brandy. Mix and boil till the mixture leaves the sides of the saucepan. It should be like very thick cream. Beat in the yolks of four eggs, six or eight macaroons crumbled, or, better still, an ounce of almond paste grated to crumbs, the peel of a lemon grated, four tablespoonfuls of sugar, and a tablespoonful of any candied fruit (such as cherries, apricots, ginger, citron, or angelica) cut very small. Set the saucepan in boiling water after the eggs are added, and stir till very thick. This will keep a long time if put into jars and covered with waxed paper, and a small quantity put into pastry tartlets and baked makes a delicious variety of filling.

It is to be understood that either of the three first recipes may be made with half cream and half milk, and are greatly improved thereby.

**CUP CUSTARDS.—COFFEE CUSTARDS.**—Make half-a-pint of very strong filtered coffee; have ready a pint of boiling milk; mix both together, sweeten with four tablespoonfuls of sugar, and beat it to the yolks of six eggs; three parts fill custard cups, and set them in a pan of boiling water on the stove to stiffen. If you have cream, sweeten a pint that is thirty-six hours old (if the weather is cold, twenty-four in summer), and that is well chilled; colour it a pale brown with coffee, and then whip it till it will cut. This can only be done in a cool spot. When the custards are firm in the centre they are done, remove them at once, and when cold pile each cup high with the cream and serve. Instead of cream the white of egg can be whipped and sweetened and piled on the cups; if this is done, they can be put in the oven to take a golden tint.

**LEMON CUP CUSTARDS.**—These are made without milk or cream, and although not well known, are sometimes preferred by those who do know them to any other custard. However unfamiliar the idea of egg and water custard, I assure my readers it is a very delicious variety. Beat the yolks of four eggs till they are as white as cream,—this takes some time; grate the peel and squeeze the juice of a lemon, add three tablespoonfuls of sugar, and put them to half-a-pint of boiling water, then mix gradually to the eggs; set this over the fire to thicken, but do not let it boil, stirring one way all the time; when very thick, stir till cool, and pour into cups, or the cups may be set in boiling water to stiffen; this saves much trouble, but, of course, is more like baked custard than boiled. The cups may be piled high with whipped cream, or they may be served with a spoonful of brandy flaming on the top of each. For this to succeed, the brandy must be fine quality, warmed, and only poured on at the last moment before lighting. These may be called "Gloria" or flaming custards, and are quite new.

**VANILLA WATER CUSTARDS.**—These also are very delicious, and we advise all sceptics to try them. Yolks of four eggs beaten till white, half-a-pint of boiling water, two tablespoonfuls of sugar. Mix and cook exactly the same as the lemon custards (preference in both cases being given to boiling the custard before it is put in the cups). When removed from the fire,

stir in half a teaspoonful of vanilla extract, pour into cups and pile high with whipped cream. White of egg may be used, but is a poor substitute in all but appearance.

**COCOANUT CUSTARDS.**—Boil a pint of milk with the milk of a cocoanut and a half cupful of the meat grated, a tiny pinch of salt, and two tablespoonfuls of sugar. Beat three eggs, leaving out two whites; stir the boiling milk very gradually to the eggs, then let the custard thicken in boiling water; stir until cool, then pour into cups. Beat the whites of the eggs with two tablespoonfuls of powdered sugar, pile this on the custards, sprinkle thickly with grated cocoanut, dredge with sugar, and set in the oven to colour.

**ALMOND CUSTARDS.**—Make exactly as above, except that you replace the grated cocoanut with almond paste grated, same quantity, and stir till cool to prevent the paste sinking. Pour into cups and pile high with meringue; strew thickly with almonds, blanched and chopped as fine as rice, sift sugar over and brown in the oven.

**BAKED CUSTARD.**—Boil a quart of milk, sweeten with four tablespoonfuls of sugar, and beat four whole eggs or yolks only of six; stir the milk very gradually to the eggs, add a tiny pinch of salt, and pour the mixture into a deep dish; set this in a pan of boiling water, and bake till firm in the centre. If too long baked, the custard will be watery; if the oven is too hot, it will be coarse in texture, and probably break. Baked custard is decidedly better when made only with yolks of eggs. It may be made half cream instead of milk, if desired richer.

Flavouring is a very important part of all cooking, but great care should be taken to secure variety, and that it be never too perceptible. It happens unfortunately that a favourite flavour is sometimes run into the ground, and one tires of a dish that is really very good, simply because it is always the same. Bitter almond, extract of lemon, and vanilla are too frequently met with, when there are other good things for variety. Few people, perhaps, would tire of lemon, provided it was the fresh, fragrant fruit, but the use of the extract is only advisable when one lives, as Sydney Smith did, "ten miles from a lemon."

For custard the flavour of orange peel is very pleasant, but I recommend rubbing lumps of sugar on the peel until they are quite yellow, then using them for sweetening. This is safer for inexperienced hands, both for orange and lemon, than using the peel itself, for the white pith will give a bitter flavour and cause curdling. If, however, time is short, pare the peel so thin that the knife blade can be seen through it. Boil the peel in the milk, and remove when the custard is done.

Vanilla should be always added after the custard is made, unless the bean or powder is used, when they should boil with it. A very few drops of extract of rose gives a delicious aroma in combination with vanilla; it should not be strong enough for you to discover the rose. Lemon also goes exceedingly well with rose,—neither to be used all the time, but when variety is desired.

In making custards with water, of course there is no danger of curdling, and any fruit juice may be used. Pineapple syrup from canning, or purchased at the druggist's, may be used in place of the lemon directed for lemon custard, lemon juice being used to sharpen.

A bay leaf or an inch of cinnamon stick gives a pleasant flavour if boiled in the milk of which custard is to be made; a little orange flower water, if carefully used, is very novel and agreeable to many tastes, although, if there is the least drop too much it is unpleasant like many other good things.

It is well to be generous, but if not spontaneous, it is not true generosity.

It is easy for a woman to give up the hope of success for herself, and possible for her to give up such hope for her husband, her dearer self; but for her children, never.

**STRAWBERRY** plants should be set out in early spring or in August, in both cases the object being to derive the advantages of the early and late rains. The plants should be set one foot apart, in rows three feet apart, and should not be allowed to fruit or run the first year.

## WOMAN IN THE HOUSEHOLD.

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Modern degeneracy has materially lessened the labours of hospitality. In a well-ordered establishment the modern chataleine bids her guests and consults with her cook; then abandons all concern. In well-ordered city establishments the cares of entertaining are comparatively light. And this state of things is by no means to be found exclusively in the household most liberally endowed with wealth and most abundantly equipped with servants.

Until recently table-cloths have been restricted to an ornament arising merely from the gloss obtained by various distributions of the warp and woof in weaving. The specimens of British and Tuscany table damask are satiny-like in texture. But from Dresden has now come a table-cloth, quite new in conception, representing a glance of Cupid, amid garlands of flowers, encircling the centre-piece.

But the flood of colour has invaded even this stainless snow. In Germany in 1872 table-cloths were made imitating the Renaissance linen, and bearing a familiar design of the Royal Meissen china. Since then scarlet and blue reappear on monogram and crest.

A table-cover, with napkins and sideboard cloth, has been made with a bordering of scarlet poppies, wrought in washing cottons, interwoven with mottoes in German text.

Variety thus laid upon the corner-stone of the dinner-table, appears throughout. You take your soup in Sèvres, your entrées in England, and so on, till you come to fruit and coffee in China and Japan. It is like a voyage around the world in eighty minutes. The correct affectation with connoisseurs in ceramics is to reverse the plate set before them and study the mark subscribed with an air of inscrutable wisdom. But avoid the catastrophe which befell an absent-minded man not long ago, who, forgetting he had been helped, turned over his plate, bestowing a *bouche à la reine* upon the lap of the lady next to him.

The use of heavy silver has been generally superseded by pretty bits of glass and porcelain containing flowers. This fashion is really an economy, as any lady may select from her cabinet or mantel-shelf a Venice jug, a Doulton or Minton vase, or a tiny iridescent bulb of glass, and group her own flowers, without resorting to the costly aid of the florist.

It should be quite a consolation to our country friends, who have so long been sighing for the luxury of gas, that candles again play a prominent part in the household. There is no artificial light so becoming as the mild, unwavering lustre of lamp or candle.

### A COULEUR DE ROSE DINNER.

The decorations of a recent London dinner-party have been thus described. All the ornaments on the table were of pure white Sèvres, but lovely in shape and finish. The flowers used were pink and white roses, heaths, and carnations, charmingly arranged in baskets of different designs. There was no fruit on the table, only pink and white bon-bons and small cakes in shell-shaped dishes; and even the wine-glasses that were not clear crystal were of lovely pink and white Venetian glass, with twisted stems. All the china used throughout, the dinner was of white and gold Sèvres, with rose-coloured dessert-plates, and the dinner-cards were to match.

### TABLE-MIRRORS.

Round and oval table-mirrors of all sizes can be had to adorn the dinner-table. Those with bevelled edges are the prettiest. An oval mirror has been laid in the centre of a cloth, and around it fitted flower-troughs, filled with rosebuds, stephanotis; while imitation swans of Royal Worcester ware, and of Venetian glass, holding flowers, swam upon the surface of this, mimic lake.

### MODERN DRESDEN WARE.

A dessert service in modern German old Dresden has for centre-piece Cupid bestriding a swan, whom he drives with chains of forget-me-nots. Flowers and fruit-baskets, with candleabra, complete the set.

### CUT-GLASS.

For solid elegance and limpid brilliancy this aristocratic ware has no rival. The square platters for ice cream, the massive bowls and



glittering decanters, must always command high prices. Bric-à-brac dealers have hunted up old out-glass decanters, bowls and dishes, and custard-cups, which they exhibit in numbers.

#### MODERN VENICE GLASS.

Among dinner-table adornments there is nothing more seductive to the housekeeper than this glass, now imported at prices putting within reach of the modest purse reproductions of many art treasures. "It neither rusts nor grows old," says a connoisseur, writing of Venetian glass.

#### BOHEMIAN GLASS.

The modern Bohemian ware fully sustains its world-wide reputation for glowing colour and richness of enamel. For sideboard decorations the *Wiederken* or "Come Again" drinking-cups, in emerald hue glass, have been always popular, as also the ruby jugs and beakers, elaborately enamelled with Royal crests.

#### FRENCH ENAMELLED GLASS IN COLOURS.

The factories of Jena and Sévres send out superb specimens resembling the Bohemian glass. In clear tints, the surface brought to dazzling polish, their designs of birds and flowers are enamelled with exquisite delicacy and purity of colour. Dishes for fruit and flowers, vases of graceful contour, pitchers and drinking-goblets, may be obtained in deep ruby red, in sapphire blue, in bottle green, topaz and a sort of golden brown, brought out by setting it against a dark velvet background.

#### BOMBAY STRIPED GLASS.

During the Prince of Wales's visit to India he was attracted by a native blue and pinkish-red glass, with spiral stripes of white. Vases and jugs of this ware, carried home by him, were copied in England.

#### MODERN ENGLISH GLASS

may be dismissed in a brief paragraph, for all the world knows the work of the Stourbridge factories. It is a revelation of the refined art obtainable by skilled workers in crystal. Individual water-jugs, ice bowls for the centre of the table, glasses for claret, champagne, hock, liqueur, or sherry, finger bowls and bobèches, engraved like fret work, are to be had of this ware in inexhaustible varieties.

#### DRESS.

This is always an important part of woman's work in the household, but the recent depression of trade has made it more so. It has compelled many to be thoughtful who were careless before, and the lessons learned will, if rightly impressed, show young mothers the importance of early training their children to habits of industry, and instructing them in all useful pursuits.

If study and work are united, receiving an equal share of attention, our next generation of young women will be far more happy than the last—for they will be more useful and beloved; and should sorrow and reverses come, they will be better equipped to meet and overcome them. In making purchases it is economy to select as good articles as one's income will warrant; for there is no saving in buying anything simply because it is cheap, unless it is also good and serviceable. To buy a needless and flimsy article because the price is unusually low is waste, not economy.

For daily use the dress should be chosen with reference to the work that must be done while wearing it. Make it neat and comfortable for such work without regard to style, unless, by some unusual freak, fashion may have adopted something simple and convenient. To see girls sailing through a kitchen, or bending over the wash-tub in a trailing wrapper, sweeping the dust from the floor, or soaking in the suds, should prevent more sensible women from giving the warrant of their example to those under their influence.

None should marry who cannot begin life with enough to enable them to dress with neatness, modesty, comfort, and good taste, without unduly encroaching on their income. No article is cheaper for being ugly. First be sure of the price, then examine the quality of the goods to be purchased. These two points being found satisfactory, every wife for her husband's sake, and for her own, should select the pattern and colours which are most becoming to her size,

figure and complexion; of course the husband will take pleasure, when selecting his own wardrobe, in being equally observant of his wife's preference and taste. It betokens a cloudy atmosphere when either becomes indifferent to the appearance of the other.

Ginghams and calicoes are the most serviceable for working and morning dress, because they can be washed, and made to "look amais" as weel's the new "every week, and any unfortunate grease spot on these fabrics can be easily removed by skilful washing. In cold weather if it be necessary to have warmer dresses than calico, alpaca and serge, although more expensive in the first cost than many varieties of woollen goods, yet being more durable and less easily defaced is really in the end the most economical. The less cotton there is in woollen fabrics the longer they will last without looking shabby.

If a person must be much in the kitchen, or finds it necessary to attend closely to the cooking, woollen dresses are so difficult to clean that if they are used it is prudent to have a long bib apron, made with sleeves, reaching almost to the bottom of the skirt. Raise the dress and skirt beneath the apron by means of a dress elevator, and when the work is done and the apron removed, an alpaca and serge dress will be found in good condition and perfectly appropriate for an afternoon or walking dress.

In summer many kinds of fabrics, muslins, loons, or piques are pretty and inexpensive to use when the rough work is finished, and if made simply are always in good taste.

If one longs for just one fashionable dress, which cannot properly be afforded, this fact should yield some comfort, namely—that about every six or eight years, this frisky goddess, tired of her usual absurdities, astonishes her votaries by introducing some neat and tasteful style, sufficiently economical to warrant those in moderate circumstances in free indulgence for a season. One has only to wait a few years to be fashionable without being perplexed with conscientious scruples. But follow fashion only when she offers that which is within your income, as well as that which is in true taste. Always be her mistress, never her slave.

It is always thought that one silk dress at least is indispensable. We see no pressing necessity for it. Anyone can be truly respectable without even a silk dress. It may be a qualification, and, if the first expense may be incurred without hazard, it is quite desirable and not extravagant. But never buy a cheap, flimsy article, merely for the pleasure of wearing a silk dress. After wearing such a silk a few times, it becomes very unsatisfactory, and its owner feels defrauded of the pleasure anticipated by its possession. A good silk—black or of fast colours—may prove more economical in its appropriate use than almost any other material, because if out with care and judgment it can, when defaced, be turned, made over, and remodelled almost indefinitely, and always looks well—that is, neat and respectable—after each change; but woollen materials do not bear many transformations without looking old and dingy.

When a silk has done duty as a "best dress" with skilful modifications, it can become a pleasant home dress, and, when that term of service expires it may descend to the children, and be used for trimmings and linings. But in buying a silk count the cost from the beginning to the end.

#### SYSTEM IN SMALL THINGS.

The advantage of system and method in labour is shown as plainly in small things as in those which we are accustomed to consider of more importance. Indeed, this habit, once fixed in regard to little things, will eventually manifest itself in all that the hands find to do. Watch a number of young children together, and you will see here and there one who takes hold of anything, whether work or play, with an ease and unhesitating exactness quite in contrast with the awkward laboured efforts of the others; whatever the one undertakes is accomplished without an effort, apparently, and before her companions have effected anything. Those who notice this say, "How naturally and easily that child takes hold of everything she wishes to do, and what awkward clumsy children the others are."

No doubt there is a great difference in the natural acuteness of children; but much is to

be attributed to good or bad training; and you will find that, whatever the natural endowments may be, they have been developed into practical use by home training, or left to run to waste by the lack of it. Unfortunately, most of that class upon whom many of us are obliged to depend, have had no opportunity for systematic training.

Soup plates, with a quantity of soup remaining, piled one above another, all the more liable to spill over from the soup spoons being gathered up with them; or the dinner plates heaped together, with knives, spoons, and forks tossed in among the greasy contents—bad enough when the handles are silver or plate, but ruinous if of bone and ivory; salad, pickle, preserve, and little butter dishes mixed in among the dinner plates; large and small all thrown together in one heap, and this unsafe tottering pile whisked over the heads of those who sit at the table, and deposited, or rather thrown into the closet with a crash or jingle that tells of the destruction of some cherished article; or, if not destroyed, past use, it is so cracked and defaced as to be for ever after a source of constant annoyance—for the beauty of our dishes once marred, they seem insured against a more thorough destruction.

Such a heedless and unsatisfactory way of doing even so small a thing as moving dishes from the table is entirely unnecessary. The right way is by far the most expeditious, as well as infinitely more agreeable. Let the servant pass quietly around the table, first gathering all the knives, forks, and spoons into a small tin pail, the mistress, while these are being removed, could expedite the work by taking the plates and removing what is on them into a deep dish. By so doing there will be a neat pile of plates, arranged according to their size, ready for the girl to take to the closet or pantry to be washed. The attendant can then with a clean plate and fork take up every unbroken piece of bread that may remain by the plates—remove salt, castors, vegetable covers, &c., and gather the crumbs with a crumb knife or brush. A table can thus be neatly cleared and ready for the dessert in five minutes.

(To be Continued.)

## "TAKE YOUR TURN."

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ALMOST every woman has, at some time in her life, wished for two pairs of hands, because there were so many things she wanted to do at once. Few take the thought to realise that these things could be classified as the must-be-dones and the wish-to-be-dones, but they can be so classified. The first we do any way (or ought to), and I think they are not usually those we worry over, except as they stand in the way of our accomplishing the wish-to-be-dones. There is a possible way of lessening our voluntary, or involuntary, fretting about this matter, and that is what I shall try to write about.

First of all, work as systematically and as economically in regard to time as you can. That goes almost without saying, and the ability to do it comes as a reward for long, patient practice towards this end.

The second direction is even less easy, and requires a longer experience than the first before its following is an accomplished fact. Constantly use your best judgment to discriminate between the things that can wait and those that cannot. Attend to the first at the proper time, and say to the others, "Take your turn."

In my home I have two broad window-sills devoted to different ends. On one is my work-basket, and a good piece of remaining space, on which I pile my mending and making. These are must-be-dones. On the other I put reading matter to be read or sent away, autumn leaves to be pinned to my curtains, odds and ends to be put together in an express package to some friend or school, a scrap-book to be pasted full of the bits now lying in the box I put on top of it, the bundle of old cotton to go to the hospital, the magazine to be carried to my friend, and all the other "extras" that are in my thoughts and intentions. There is such a thing as an orderly disorder, and my window-sill is an example of it. It is never wholly cleaned; but one by one its contents receive



my attention, without worry, with thought, without neglect, with unavoidable delay, without procrastination, and yet with "wait until another day."

If I fret, my window-sill loses its charm and pleasure. If I do not, I come to it again and yet again, slip off one little waiting thing and then another, with the thought, "This is your turn, and how much good you will do when you get to where I am sending you."

Perhaps this plan would be dangerous for some. It does take a good deal of conscientious management of time. It is not easy to keep things from lying there too long, and yet long enough not to interfere with the must-be-dones. But then, is there any department of our work or pleasure into which conscientiousness must not come if we would grow and be good? And there is a deal of satisfaction in coming around to these little extras and thinking, "I have earned the right to do this and enjoy it."

Visiting comes somewhat under this head; so does fancy work; so does social letter writing, and the different things that are pleasures to different people. The must-be-dones of some persons' lives are the wish-to-be-dones of others, and *vice versa*. No definite list of things under either head can be made.

The gist of the whole matter and its individual value lies in conscientious discrimination, cheerful waiting, prompt attendance to each item when the opportunity does come, and the putting aside of impatient fretfulness—not easy, but worth while. Everything that adds to our value to others, that increases our ability to do, that expands our thought in management, that helps our lives to reach out and touch other lives in a helpful way, and that puts good work into the world, is always worth while.

RUTH.

## HEALTHY AND COMFORTABLE HOMES.

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### CHAPTER III.

A CARELESS mistress makes a careless servant. Very often a servant objects to be interfered with, but if the mistress is careful not to hurt her servant's feelings, and speaks pleasantly to her, there need not be any words. A mistress should never trust too much to her servant, and if she does she will repent it, and the domestic will look upon her as a fool who can easily be deceived. But, apologising for our digression, we will now proceed.

The space in a small house is, of course, limited, and therefore one must make the most of the limited capacity of the kitchen and scullery. The mistress should be careful to see that all the work that can be done in the scullery should be done there, and thus the kitchen will be all the more clean and wholesome.

Of course, a servant is often tempted to do as much work as she can in the winter beside the kitchen fire; but for a few moments of comfort she is making the cooking room dirty, unhealthy, and untidy.

There is nothing so unpleasant to look upon as a dirty, untidy kitchen. Sometimes you see a strong, hard-working girl with the kitchen crowded with all sorts of miscellaneous things, trying vainly to put things to rights. The girl is evidently conscientious, and means to do her best, but she has no system, and, in consequence, is always working and never done. A mistress who allows this sort of thing to go on is doing herself harm and her servant an injury. Nothing can be done well unless there is some kind of a system—a regular time for the beds to be made and the stairs to be swept.

How often do we see one servant doing only half the work of another, and yet be clean and tidy, and have odd minutes to herself; while the bustling, ostentatious worker is far behind, vainly trying to keep up with her work, and hopelessly in the rear. Depend upon it, that a young girl will look back with gratitude to the mistress who has taught her to work systematically. She may not like it at the time, but in after years she will recognise that such a mistress was a benefactress.

There is one thing that is much to be regretted in modern times—that is, the want of sympathy between mistress and maid. Both seem distrustful and suspicious of the other, and

we seldom see the mutual confidence that used to exist between mistress and servant. How rarely do we see a domestic remaining in one situation even for two years! They come and go, and there is a constant succession of new servants, and, in consequence, mistress and servant never learn each other's foibles, or have they patience to put up with them.

It is absolutely necessary that a kitchen should be well ventilated. Indeed, it is more necessary for a kitchen to be well lighted and well drained than a parlour or drawing-room. In the kitchen the food is prepared, and near the kitchen is the pantry where the food is kept. The sink should be looked to constantly, and the lady of the house should take care that it is always clean, and that the trap is kept closed.

The dangers and inconveniences of a kitchen badly ventilated are manifold. What can be more disagreeable than the smell of cooking and cabbage-water pervading a house from top to bottom in consequence of bad ventilation? The excessive heat of a kitchen makes it quite unbearable if the ventilation is faulty, and the heat of the fire draws evil smells to the chamber if the drains are defective.

Unfortunately, an ordinary person cannot always be sure that the drains are not defective, for those who have a small income cannot always pick and choose. But often the small cottage has an advantage over the mansion, the system of drainage being not so complicated and all the more liable to get out of order. However bad the drains may be, much may be done to keep them in order, and to mitigate the nuisance they can be kept well flushed, and disinfectants can be used.

In the greater number of houses in London the kitchen is built underground, where the cellars ought to be. This, however, is a most unhealthy system, for neither enough light nor air can be obtained, and very often the servants are white and listless from this cause alone. It is beginning to be understood by most people that underground kitchens are to be avoided, and people looking for a house will not take it unless the kitchen is built out. Builders are beginning to understand this, and build their houses accordingly, and the result is that in the suburbs of London we find the servants' offices built out into the garden. There is still much to be desired, however, for the kitchen should be lighted by a window in the roof, or a window very high up. There are many simple means of ventilation, of which we will speak in the future. Some very good authorities declare that the kitchen should be at the top of the house, but only in houses in the centre of London do we find this. More often this is done for convenience than for health. It is obvious to any thinking person that it would be much pleasanter to have the servants' offices on the roof of the house, for then the smell of the kitchen would never penetrate below, and the servants would not get so many chances of gossiping at the kitchen door. There is a great deal, therefore, to be said in favour of the system of having the kitchen at the top of the house, but it is obviously very expensive and elaborate for an ordinary builder to carry out. Lifts would be required and also speaking tubes, so that one could communicate with the upper regions.

It is not possible always to have a choice in the matter, but it should be remembered that a boarded floor is not nearly so healthy as one of Portland cement. In nine cases out of ten the kitchen is used as a living room, and then stone or cement strike cold to the feet. The comfort of the servant should be considered if we wish her to be happy and contented. She will soon notice if she is considered, and it will make a great deal of difference in her behaviour. A sullen, ill-tempered servant is very unpleasant to contemplate, and a domestic has it in her power to make herself unpleasant at times, especially when one has company.

For cleanliness and comfort a piece of cocoanut matting is desirable, extending over only a few feet of the kitchen. If this is well shaken twice a week there will be very little dust or dirt. It is a difficult matter to keep a kitchen free from vermin, for the heat of the fire encourages them greatly, and one is more liable to them when the floor is made of planks. Nothing is more disagreeable than to have a kitchen overrun with beetles, and the greatest care must be taken to annihilate these pests. When the floor is of concrete or asphalt, and

every crevice is filled up, there is very little danger of this nuisance becoming too great, but no time should be lost in exterminating these pests when they first present themselves. They must not be allowed to get a good hold in the kitchen, for if they do they will be a great source of annoyance, and the annoyance will become greater every day.

It is very convenient to have the kitchen on the same floor as the dining-room. You then have the advantage of having the food brought in hot, and it saves the servants' legs. But, notwithstanding its convenience, there is much to be objected to in the matter, for the smell of the cookery will penetrate the house, and if there is a few angry words between fellow servants or the mistress they will be overheard. Altogether, we should not advise anyone to have the kitchen in too close proximity to the parlours, for more reasons than one.

It is not at all necessary to have a large kitchen. A small, well-appointed kitchen is much to be preferred, if it is well built and has no dark corners. The servant can keep it clean much more easily if she takes the trouble to keep everything in its place. The walls of the kitchen should be of the ordinary glazed tile, and of some warm and cheerful colour. There is no occasion for the walls to be of a dead white unrelieved by any other colour. Glazed bricks are also a very good material. The builder, as a rule, takes care that the scullery shall communicate with the kitchen. It is a fatal objection to a house if the kitchen and scullery have no door between them, for then much of the work will have to be transacted in the cooking chamber. Need we say that this chamber ought to be well lighted and not too small, and some sanitarians consider that two sinks are necessary, one for the vegetables and the other for the general cleaning.

The pantry or larder ought to be cool and well ventilated, and no trap or sink should be allowed to remain in it, for however careful one may be gases will be sure to exude from pipes communicating with the drains. There should be no windows at all, but wire gauze or bars fixed very close together. It is necessary to take the utmost care of all foods, and joints should be hung and well looked after. In large houses the pantry and larder are quite separated, but in small houses they are both included in one.

Quite as important as clean, wholesome kitchens is the position of bath-rooms, lavatories, and their accessories. They should never be in the centre of the house. Nearly every house at and above fifty pounds has now its bath-room, and should be exceptionally well provided with escape-ment, and never be allowed to communicate with the drains.

(To be Continued.)

## KINDS OF EATERS.

—O:—

An old writer says there are five kinds of eaters:—

1. There is your dull man, who seems to eat merely from habit, mainly because his parents did so before him, and he expects his children will follow his example.
2. Your impatient, fidgety being, who is all activity, and who falls to at once on the dish that happens to be before him.
3. Your careless eater, who considers so much time as lost that is passed at the table, puts all dishes on the same level, and hardly knows the difference between the breast and the drumstick.
4. Next comes your ravenous animal, who thinks only of quantity, takes everything that comes in his way, as if anxious to show the capacity of his stomach.
5. Lastly come the professors, men of taste, who cast a practised eye over the table before they eat, use judgment in the choice of such dishes as suit their habits, and eat sparingly of each, that their palate may be gently excited by variety.

There are some sins that nothing save death can wipe out.

A solitary woman is an unhappy creature—so is a solitary man.

A sin once sinned demands the life of the sinner before it can be expiated.



# Fireside Novelettes.

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## AMY'S PROTÉGÉ.

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It was a sad sight. Five ragged, unkempt, and weeping children, huddled together in the corner of a scantily-furnished room, awed and frightened, and as yet unable to realise that death had made them orphans.

A few women, collected at the place, were holding a whispered consultation.

"I will take one of the poor things, although I have four children of my own," said a woman, regarding one of the little group with compassion.

"And I will take another," said a neighbour, catching the spirit of benevolence.

"I, also, will take one!" exclaimed a third, stepping forward.

"And so will I!" responded a fourth.

But there still remained a baby—a toddling boy, not quite two years old, whose blue eyes were now full of tears, as he shrank behind his sisters.

"I could take him," said one of the women. "But I am quick-tempered, and the Lord will never forgive a woman who strikes a dead mother's child."

"I could take him, but am old," said another. "And when he had learned to love me, and I to love him as a son, death would come and separate us."

There had been a witness to the scene whom no one had noticed thus far. A girl of twelve, on her way home from school, as the satchel of books on her arm testified, had followed one of the women into the house, prompted by childish curiosity. She was comfortably dressed, and her manner and appearance indicated that her parents were well-to-do people of middle class. She had been lingering in the doorway, gazing with much interest upon the touching tableau; and now, as the women stood looking into each other's faces in silence, she reached out for the babe, and drawing him up to her, patted his little head and kissed him fondly. Then, looking up, said—

"I will take this one. I have no brother, and pa and ma will let me keep him. You just wait here until I run home and bring my mother. I live only a few hundred yards away. She will let me take him, I know; the dear little fellow!"

Kissing the child again, she sprang up and darted out of the room before they could have checked her, even if disposed to do so. In about twenty minutes they heard her feet again upon the stairs as she returned, accompanied by her mother.

Amy had, in that short interval, given her mother a general idea of the situation, and now raised her little protégé in her arms, and said, earnestly—

"See, mamma, what a dear little creature! And no one to take care of him! Can't I have him? I would love him so!" And Mrs. Wentworth had not the heart to refuse her. A few minutes' conversation with the neighbours enabled her to learn that the parents had been respectable people of some education; and then

Amy, hugging the baby still closer, left the room with her mother.

For four happy years Amy's little protégé was her pet, companion, and playmate. At the end of that time, having graduated from the city school where she had been a pupil, her parents, wishing to give their only daughter every advantage within their reach, concluded to place her, for two years, at a boarding-school a hundred miles away. The novelty of the proposed change was pleasing to Amy, but the thought of parting from her adopted brother, now a lovely child of six years, was almost too much for her to bear; and on the night before her departure she cried herself to sleep, with the little fellow in her arms.

Nothing was said to little Robbie of Amy's proposed departure until the next day; and then, for the second time in his short life, his blue eyes filled with tears of grief and distress, as he clung to her embrace and begged her not to leave him.

"Please take good care of him, dear mother," said Amy, wiping away her own tears, as she at last unclasped his clinging arms and pressed a farewell kiss upon his ruby lips. "I feel almost as if I would never see him again!" And

That letter brought her the terrible announcement that her parents were among the victims of the raging epidemic, and a further glance at the date of the letter showed that by some mischance it had been delayed on its way fully ten days.

Amy started immediately for her home. Arriving there, she learned that her father had been suddenly seized with the deadly plague while preparing to leave the city, and his wife had survived him only a few hours.

With regard to little Robbie she could learn nothing beyond the fact that a gentleman had taken charge of him when her parents were first stricken down, and promised to adopt him in the event of their death; but who he was no one could tell, not even the doctor, in the confusion and solicitude that had been pressing upon him on all sides.

Her father's estate, when settled up, left only a small amount for Amy—bereft of home and parents, and also her dear little adopted brother, with whom she had resolved to share every blessing that life might bring.

Twenty years had passed, bringing no tidings to her in regard to the fate or fortunes of the dear boy whose young life during those four

happy years was so closely interwoven with her own. Amy had married a Mr. Langdon, who had become acquainted with her while visiting the school, and one child—a second Amy—had blessed their union.

At a time when his business seemed to warrant the venture, Mr. Langdon had purchased a house, leaving on the property, however, a mortgage of several hundred pounds. The interest and taxes he had been able to pay promptly, and he had also increased the value of the property by some very desirable improvements.

The home the little family had thus secured, as they supposed, was very dear to them; but the sudden death of the husband and father compelled the survivors to realise that, while that home was now doubly dear, they were holding it by a feeble and uncertain tenure. The

overdue interest on the mortgage, with unpaid taxes, was threatening soon to place it beyond their reach.

A year after her husband's death, a friend of Mrs. Langdon, who was going abroad with her family for a two years' European tour, offered to take Amy as a companion for her own daughter, and the offer was thankfully accepted.

During her absence, by leasing the house and boarding with the tenant, Mrs. Langdon was able to reduce her expenses and meet some of her more pressing liabilities; and she began to hope afresh that some ray might be found by which her home might yet be saved.

The two years had expired, and Mrs. Langdon was sitting in her room, clasping the hand of her beautiful young daughter, who had returned, and was recounting her many experiences.

"What did you think of the picture I sent you in my last letter, mamma?" Amy asked, after a short silence, while her cheek deepened its colour.

"A noble face," replied Mrs. Langdon. "What was the gentleman's name, dear?"

"Mr. Archibald Raynor," said Amy, with



"CAN IT BE POSSIBLE!" EXCLAIMED MRS. LANGDON, "THAT YOU ARE MY LONG-LOST PROTÉGÉ?"

with a sadness at her heart that seemed as if caused by a realisation of the truth of her prediction, she left the home that was to be hers no more.

The time at school passed swiftly and pleasantly, occupied with its round of duties; and at the end of the first year Amy had progressed so rapidly in her studies that she was offered a position as assistant teacher, the salary from which would very nearly pay her school expenses without interfering seriously with her duties and privileges as a pupil.

Vacation was approaching, when a letter was handed Amy one morning bearing her father's well-known superscription, telling her that she must remain at school for the present, and until the malignant pestilence that had broken out in the city was so far abated that she could return with safety. Her parents and little Robbie were well, but were intending to leave the city in a few days, and remain away until the danger was over.

That week dragged wearily by, followed by two more, at the end of which another letter reached her, addressed in a strange hand. Hastily opening it, she read the few lines it contained, and then fell fainting to the floor.



another bright blush. "We met him first about six months ago, and afterwards saw him very frequently. He lives in London, and will return in about three months. He was very kind to me, mamma, and when we parted he told me that if he could ever be of service to me in any way it would afford him the greatest pleasure. Of course I know that is merely a conventional way of speaking, and is not supposed to mean very much; but I am sure he meant all he said, for he added, 'You will, I hope, Miss Amy, permit me to call and see you on my return, for I shall wish to renew and continue our acquaintance.'"

"That was very kind," said Mrs. Langdon, smiling; "but not enough, my dear, to form the basis for any confident expectations."

"You will see when he comes," said Amy, with another bright and hopeful look, "whether my expectations are any stronger than they should be. Indeed, mamma, I like him ever so much, and shall count the days until he returns. But now tell me how you have been getting along. You said in your last letter that you had been able to pay up all the back interest and taxes."

"Yes, dear," answered her mother, with a sigh. "But I have not been able to pay any of the principal, and the agent has just informed me that he has been ordered by the holder of the mortgage, now in America, to demand an immediate payment of five hundred pounds on account, or else foreclose. I really do not know which way to turn, or what to do."

"Never mind, dear mother," Amy answered, hopefully. "The darkest cloud always has a silver lining, if we can only see it. I can, I am sure, make some money now by teaching, and can help you to reduce the mortgage; and, perhaps, we can find someone who will advance the money, and hold the mortgage for us. I will see the agent, and have a talk with him; and I don't believe we shall lose this pleasant home on which my dear father spent so much money. A way to save it will be found."

"That is all right, Miss Langdon," said Mr. Green, the agent, when Amy called upon him the next day. "I will wait for the return of the gentleman who holds the mortgage, and will then obey his orders, which may, perhaps, be to let you deal directly with him."

In giving this reply the gentleman's name had been incidentally mentioned. Amy made no further inquiries, but remained silent for a few minutes; then rising, bade Mr. Green good morning, and left rather suddenly, her looks betraying, as it seemed to him, a sort of agreeable confusion quite inexplicable to him.

Three days more had passed, then a young man called, whom Mrs. Langdon recognised as a messenger from Mr. Green's office, and handed the lady a legal-looking document, at sight of which she started with a nervous shudder.

"The owner of the mortgage has returned, I suppose," Mrs. Langdon said, casting a troubled look towards Amy. "Here is what I take to be a notice that foreclosure proceedings have been commenced."

"Let me see it, please, mamma," said Amy, holding out her hand for the envelope, and the next instant she was imprinting a kiss upon the well-known signature.

"How strangely you act, my dear!" said her mother, who was now looking more closely at the paper; but the tears that filled her eyes gave the printed form, also the filled-in writing, a blurred and indistinct appearance. She read enough, however, to see that the dreaded document was a discharge of the mortgage, and bore the signature of Archibald R. Raynor.

But stranger and more startling were the contents of the letter enclosed in the same envelope.

"What does your letter contain, dear mamma?" said Amy, as she saw her mother, after having glanced rapidly over it, press it first to her lips and then to her heart in an ecstasy of joy, and at the next moment, overcome by her emotion, sink, half fainting, upon a sofa.

"Well, never mind about showing it to me now," added Amy, observing how closely her mother grasped the precious missive. "I shall know all about it when Mr. Raynor comes, as I am sure he will very soon."

Another hour had passed, when Amy, up in her room, heard the door-bell ring again, and

descending, entered the parlour just in time to see her mother grasping Mr. Raynor by both hands, and looking into his eyes like one entranced.

"Can it be possible," exclaimed Mrs. Langdon, gazing into the handsome, manly face, "that you are my long-lost protégé—my Robbie? And yet I know you are, for I see his face in yours."

"I certainly am, or, rather, was, the very child you so tenderly loved and cared for. I learned the whole truth in regard to you this very morning. While conversing with my business agent, on whom I had called soon after my return, he mentioned that a young lady had called on him some time ago in regard to an overdue mortgage owned by me, resting on property belonging to her mother, Mrs. Amy Langdon. 'Do you know the mother?' I asked; and my question brought from an old gentleman in his office, who chanced to hear me, your full history. With amazement and delight I learned that I had found my long-lost friend, the guardian and protector of my childhood."

"And now let me tell my history, from the time we parted," continued her visitor.

"Immediately after your father's death I was adopted by a Mr. Raynor, who had been one of his business friends, and who, within a few days, left the city, and went south. From him I learned my early history as I grew older, but he understood that you had also perished in that terrible epidemic, having heard that you had come to the city soon after your parent's death; so that your likeness, and the brief sketch of my early history, which your father had written, were my only mementoes of those early but never-forgotten days. Mr. Raynor changed my name to Archibald R. Raynor, and at his death left me his entire property, among which there chanced to be, strangely enough, a mortgage on this very house. Somehow, I could not believe that you were dead, but continued to cherish the hope that I might find you some day, as I have done."

"I remained in Mr. Green's office after I knew who you were just long enough for that mortgage release to be made out and executed, in the meantime writing a letter to let you know that your long-lost protégé had been found, and would soon be with you."

"And with me," Amy was tempted to say. But her eyes carried the thought; and the young man added—

"And now I know, dear madam, why my heart told me to love this other Amy, the moment my eyes rested on her. Will you, Mrs. Langdon, trust the welfare of this dear girl to him who was once your own little protégé?" he added, turning to her mother.

The answer soon came, in tears as well as words.

Whether Amy herself accepted the offer in words just then was never known, but the fond embrace she received and returned gave good reason to believe that her sentiments in regard to that matter were about what they should have been; and within the next half hour she ventured to say—

"It is all right, mamma; for it is only a transfer of property after all. If I take charge of Mr. Raynor, as I have promised to do, for the rest of his life, he will still be Amy's protégé."

## IT IS WELL TO REMEMBER.

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That he is rich whose income is more than his expenses.

That idleness, loquacity, and flippancy are always to be avoided.

That faith, peace, and purity of heart are three things most desirable to pray for.

That there is nothing so sweet as duty done; and nothing more bitter than duty undone.

That there is a good deal of religion like a morning cloud; as soon as the sun gets hot it disappears.

That by spending all your time in studying your own affairs you will have no time to study those of your neighbours.

That there is no such thing as luck, but there is such a thing as hard work and knowing how to make it answer for what others call luck.

## THE DOG.

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By attending to the general health of a dog much disease may be avoided—indeed, this is far more essential than prescriptions for a cure. It is very easy to carry off a slight indisposition by general purgatives and a reformed diet, whilst confirmed disease is often very difficult to combat, as few of the canine race can have the advantages which are oftentimes essential to their restoration.

The eyes, the nose, the gums, the hair, the breath should be carefully noted. The eyes may be red or pale, sunken or projected; the nose may be hot or dry, or matted with dirt; the gums may be pale. It will require but little experience to discover a disorganisation, which may be easily detected by him who has noticed the healthful appearance of the different parts and their variation under indisposition.

If you are in the habit of keeping your dog on the chain, let him at least run a few minutes every day. If he be kept indoors, he should also be allowed a little daily exercise outside.

Change of air and diet will sometimes renovate when all other remedies fail. A change from city to country, from greasy meat to fresh milk, from the confined yard to the green fields, will generally recruit him without the aid of medicine.

In summer be careful to provide a supply of fresh water and a cool shelter from the sun. Never take your dog out during the intense heat of the day. This is very apt to produce fits, ending often in sudden death.

In the hot season raw meat should be avoided, except it be quite fresh, and then they should not be overfed. A dog will often thrive better on raw meat than anything else, but he should be fed with discretion, and his health attended to should his diet visibly disagree with him. A dog will grow fatter and be more healthy on moderate meals than when overgorged. The better plan is to ascertain his average consumption, and then allow him a little less.

Should you desire your dog to be watchful at night, feed him in the morning; if you would have him quiet at night, feed him late, and don't leave him bones to gnaw. Dogs are pretty quiet during the digestive process when left to themselves, and should not have much exercise after a heavy meal.

As a general rule, a well amalgamated mixture of animal and vegetable food is the most healthful diet for dogs of all ages, breeds, and condition.

Dogs living in the house should on no account be fed on raw meat, as it gives them a very offensive smell, and is in other respects very unsuitable.

The management of puppies is a very difficult thing, for they are subject to many diseases, and for the first few months a valuable litter of puppies will be great source of anxiety to its owner. It is a great mistake to handle the pups, unless you wish to cause your dog a great deal of unnecessary anxiety.

Of course it is necessary for the dog to have exercise, but her natural solicitude will make her reluctant to quit her young; but by whistling persuasively you may lure her out of her den, for it is important that she should take exercise if she is a healthy dog. A short walk is all she requires to keep her in health. When the puppies are a week old they may be taken out and their dew claws cut. Then those you do not require may be taken away, or a foster-mother procured for them.

### DOGS AND THEIR DISEASES.

Dogs require great care, and in serious cases of illness a veterinary surgeon should be consulted. Eminent authorities say that worms cause more deaths than distemper. Every animal affected should have a full dose of Pratt's worm powder every eight days, until three doses have been given. Full directions are given with the powder, which is sold by nearly all oilmen and some chemists.

Many dogs are troubled with insects. There are very many ways of getting rid of these pests, but Pratt's soap is perhaps the best remedy, for it not only stupefies the troublesome insects, as some poisonous soaps do, but a good lather of it kills them outright, and it is absolutely free from poison. Another preparation used to get rid of



vermin is equal parts of olive oil and paraffin, which should be applied all over the body and allowed to remain two or three hours.

"Every affection of the skin is called mange," says that great authority, Edward Mayhew. "This is wrong; and recipes for the cure of this complaint are all nonsense, unless we assume one medicine to be good for all diseases. The dog is very subject to the mange; that is, the animal system cannot suffer without the derangement flying to the skin."

This complaint is generally caught, it being essentially contagious; but all forms of it have their seat internally, and take their origin in food and lodging. Too close a kennel will give rise to mange; too much flesh or unwholesome food, too hard or too luxurious a bed. In fact, there is hardly a circumstance to which the animal is exposed which will not cause this malady. The animal will appear dejected, he will scratch himself, while his appetite is often good. The treatment consists in rubbing the body over with some of the various dressings, taking care to rub it into the skin. Mayhew says the best dressing is thus made:—Ung. resini, as much as you please to take; sulph. sub., sufficient to make the resin ointment very thick; ol. junip., enough to make the unguent of a proper consistency. Rub it in one day and wash it off the next. Where medicine has to be given, such as arsenic, be very careful; but there is no fixed quantity that can be recommended. This is used where the hair comes off in patches all over the body. It is usual to give the dog tonic medicine for a week or a fortnight; as the strength may appear to require restriction, leave this medicine off suddenly, and administer *liquor arsenicalis* in small doses. For a small dog the first dose should be half a drop, for a large one a drop and a half, three times a day. This should be continued until the dog turns from its food and exhibits other signs that the medicine has taken hold of his system. The liquor should be diluted with water.

In a wild state the dog, being carnivorous, has to hunt for his food, and does not feed every day; certainly it would not make much more than one meal in twenty-four hours. It would then tear its prey to pieces. A dog can fast a great many days, and it is said that abstinence for forty-eight hours seldom injures it, but the habit in dogs subjected to man should not be encouraged, as it weakens the digestion. One meal in twenty-four hours, says the author of "Blaine's Veterinary Art," is sufficient in every case. Pets in the house should, as a rule, have no meat or any large quantity of fatty substances, as they make its skin diseased and its body gross. In a wild state the dog often swallows earth with flesh. The spaniel bloated with sweets will gladly escape from the drawing-room to amuse itself with a blackened bone picked off the dunghill, following but the inclination of its nature; and while tearing with its teeth the dirt-begrimed morsels is, according to its nature, daintily employed. An occasional bone and a little dirt are beneficial to the canine race, while food nicely minced and served on plates fattens to excess.

A bone is of great service to the animal which cannot employ a tooth brush; and the larger it be, or the less meat upon it, the better it will prove for highly-fed favourites. A dog in good health may occasionally require a meal of bones; small bones are dangerous, as they are often swallowed hurriedly and stick in the oesophagus. A large bone should be given, nothing being left which the knife can remove. Oatmeal and ship biscuit is healthy food, while paunch and tripe are good in moderation. Horseflesh, "or any such filth," should never be given, as it is apt to produce skin disease. Liver, only that it is expensive, is said to be a good diet.

Regularity in the hour of feeding is necessary, and "if this matter be generally attended to, there will be no danger of its being forgotten, since dogs' stomachs are excellent timekeepers, and the brutes are not by any delicacy of feeling restrained from asking." Always keep clean water handy. We shall be happy to answer any questions as to treatment of dogs in sickness and health.

#### DISTEMPER.

This is the most common and dangerous disease of dogs. Very few young dogs escape it, and the few that do escape it in their youth are attacked sooner or later. It, however,

generally attacks before the dog is eighteen months old. If it comes on very early the chances of recovery are very small. It is particularly fatal to greyhounds, much more so than to any other kind of dog, generally carrying them off by excessive scouring.

#### THE DOG IN LAW.

The keeping of a vicious dog, except under proper precautions, is illegal. The proprietor is liable for the damage on all occasions when the fault is not with the party injured. An owner of a dog is bound to take certain precautions. If a man has a dog that is addicted to bite, and the animal is allowed to take his walks abroad without being muzzled, so that it can make itself a public terror, its owner may be indicted in England as for a common nuisance. If a dog be a ferocious dog, like a mastiff, it has been decided that he must be muzzled, and it will be no defence in an action of damages against the master that the person trod on the dog's toes, for he would not have trodden on them if they had not been there.

The harbouring of a dog about one's premises will warrant an indictment. If a dog known to his proprietor to have previously bitten a sheep be retained by the owner, he will be liable to all subsequent injuries even to other animals, as a horse.

At one time the Common Law of England held that it was not larceny to steal any of the baser animals, in which class all dogs except those of value were included, but subsequently dog-stealing was declared to be an offence punishable by a fine.

In the reign of our present Queen an Act was passed to make dog-stealing a misdemeanour. For the first offence, on summary conviction, six months' hard labour or a fine not exceeding twenty pounds beyond the value of the dog. The second offence is an indictable one, punished by fine or imprisonment and hard labour not exceeding eighteen months, or both. A similar punishment is meted out to those persons found in possession of dogs or dogs' skins knowing them to be stolen. If a dog strays into a neighbour's field and does not commit mischief, there is no ground for an action for trespass, and even when he does do harm the person who kills him may in certain circumstances be liable for damages.

#### HONEY.

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THE value of honey as an article of food is, we are afraid, only imperfectly appreciated by the public. Everyone is ready to acknowledge its luscious sweetness, but comparatively few are cognisant of the fact that, in addition to this quality, it is in the highest degree nutritious. It is more aperient and detergent than sugar, and no healthier food can be found for children and those who cannot do with an excess of cane or other sugar. This needs only to be generally known in order to bring honey into more prevalent use than is the case at the present moment. Apart, however, from this primary domestic consideration, the matter has an important commercial aspect. Not long since we used to rely upon the production of our own hives, but this is now changed. With the increased facilities for transport and low freights, it has been found a profitable business to bring the article from many quarters of the globe. California, Canada, Chili, New Zealand, Portugal, France, the West Indies, and many other parts, are now laid under contribution, and in some cases the trade has assumed enormous proportions, employing much capital and labour. This is particularly the case in California, where it promises to become even more extensive in the future. Like many other products, however, honey has had to bear the brunt of the depression and competition of the present day, and latterly prices have not been remunerative to the producers, some losing as much as 50 per cent. on their importations. This has been caused principally by the cheapness of sugar and the consequent low prices of preserves and other dietary articles into which sugar largely enters. Another factor is the want of a better knowledge on the part of the public respecting the value of honey as a wholesome article of diet, to which we have already alluded. Much has been done during the past

few years to place it before consumers in a perfectly pure state; and the success which has attended the efforts in this direction is very gratifying, and will, no doubt, be in due time fully acknowledged by the public. Judging from the present position of the article, there can be no doubt that the bottom prices have been reached, and an advance is inevitable, as the producers show no inclination to sell at the late ruinous figures. In addition to this, there is every prospect that the coming season in California will be a poor one, thus limiting the output from the most prolific source. What would tend to place the article upon a better footing would be an improved system of distribution, and that the public should be made more familiar with its value as a food product.

#### THE VEGETARIAN CONGRESS.

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MR. GLADSTONE has an open mind on many other subjects besides Home Rule. Not long ago he told us all how many times we ought to use our jaws in the mastication of each morsel of meat we eat, and now he writes a letter to the Vegetarian Society, expressing the "great deal of interest" he feels in their peculiar theory that man ought to live on bread and fruit, and to eschew as so much poison anything in the shape of chops and tomato sauce. The Annual Congress of these amiable fanatics is to be held next week. No one will wish them ill, unless it be the butchers and breeders of live stock. In an age full of self-seeking, and lacking much in the way of enthusiasm, it is pleasant to see any one trying honestly to benefit the world without the faintest imputation of ulterior motives. And whatever may be said of the fallacy underlying the Vegetarian whim, it is impossible to deny the Vegetarians the credit of endeavouring to do good in a fashion which is not likely to gain for them much popularity. For years they have persevered in their crusade against flesh, fish, and fowl, and though the world at large is still a long way from being converted, it is certain that nobody has been much the worse, and a great many considerably the better, for their more or less temporary coquetting with Vegetarian diet. What Professor Mayor and his colleagues contend is, that grains, fruits, pulses, and other vegetable products are quite sufficient to nourish the human body, with or without the addition of butter, cheese, and milk, but to the entire exclusion of meat. They further contend that this was the primitive food of the human race, that our bodies are unsuited for an animal diet, and that by avoiding the "dead carcasses" of the rest of creation we should escape a score of diseases contractable through such food as beef and pork. But the Vegetarians do not stop here. They claim that if any country adopted Vegetarianism its soil might support a larger population, and one more temperate, more peaceably inclined and altogether of a more amiable disposition than the beef-eater usually is. Such a diet would, moreover, be not only cheaper, but more cleanly, and it would save the world the horrors of the slaughter-house. Finally, it is advocated on the ground that meat is dear, and that the vegetables out of which food of this kind is made are cheap. So far, the thesis which the Vegetarians defend is made up of some dogmas and some truisms. That a pound of potatoes is cheaper than a pound of beef no one can deny, and that it is easier for a cook to serve up a dish of stewed apples than a mayonnaise of lobster must also be admitted. It may even be allowed, without much fear of contradiction, that the one is more wholesome than the other. But when the advocates of Vegetarianism tell us that if we only eat enough of celery we may escape half the ills that flesh is heir to, and that because a hundred, or a thousand, or five thousand people—which is more than the membership of the Vegetarian Society—find sufficient nutriment in haricot beans, or lentil soup, therefore the great majority of mankind who eat beef with their bread, and find much support in a fried sole, are doing themselves a grievous wrong, they run a risk of being laughed at.

The Vegetarians are, however, doing good, and would do still more good if they could convince a larger portion of the wealthier classes of society that they eat an infinite deal too much, not only of animal food, but of all other



kinds of nutriment. If they could also persuade the working classes of the country that their wretched cookery, and their ignorance of how to prepare vegetables in the numerous attractive forms so well known to a French housewife, are causes of much discomfort and needless cost to themselves, the country would be greatly in their debt. Not one labourer's wife out of a thousand knows any other way of cooking a potato except by boiling it, and not a great number the true way of doing that; while even in thrifty Scotland it is rare to find a "hind" who will demean himself by eating the many excellent mushrooms dotting the fields at his door. It is, nevertheless, idle to say that what suits one man will also suit another.

Nor is it quite correct to cite the Chinese or the Hindoos as true Vegetarians. The Chinaman is a lover of pork and ducks, and even the poorest of the people manage to get a bit of meat now and then; while the ghee, or melted butter, which so largely enters into the Hindoo's dietary, is animal food of the most concentrated character. Butter most professed Vegetarians use, and many others make an exception in favour of milk, cheese, and eggs, all three, it is unnecessary to say, animal nutriment of the most pronounced character. Half a pound of butter is more than equal to four pounds of veal, two pounds of hard-boiled eggs equal three pounds of lean beef, while a pound of cheese is as good as three pounds of ham. A more telling illustration might be found in the case of a Highland farm labourer, as stalwart a personage as these isles can produce, whose food is for the most part oats in some form, or the Californian and British Columbian gold-diggers, who, while in the mountains, subsist to a large extent on beans. Oats and beans are, however, very nutritive vegetables—as nutritive as many meats, and indeed far more strengthening than veal or lean beef. Yet some pork or salt fish are usually mingled with this dietary. But it is not every stomach that beans or porridge, or even oat cakes, agree with, though we are quite at one with the Vegetarians in thinking that if the English labouring classes would eat more of these highly nourishing vegetables, they would be stronger, wealthier, and happier than they are at present with their haphazard, insufficient, and badly-cooked food. The argument deduced from the structure of man's digestive apparatus is, we believe, entirely erroneous. So far from supporting the Vegetarians' contention, it proves that the human subject is intended to subsist on a mixed dietary. It is also not a little curious that in the countries where cannibalism is or was most prevalent, vegetable food is abundant, and that the natives of the West Coast of Africa are at times troubled with a peculiar disease, which takes the form of an almost irresistible craving for flesh. Meat, moreover, is portable food. The ox eats the grass, and we eat the ox. Little more than one pound of cheese is equal to twelve pounds of cabbage, and five pounds of potatoes. It is, therefore, clear that if a man who ate simply to live had every day to "put away" that amount of either vegetable, the sheer labour of carrying such a load would exhaust the compulsory Vegetarian. But it is, nevertheless, true that Vegetarianism, amid all its fallacies and special pleading, has on its side a certain element of truth. That truth consists, as we have said, in showing that we eat too much flesh and too few vegetables, and that endless excellent dishes can be provided from the cheapest and most wholesome of plants. If it would content itself with this mission, the coming Congress would deserve the warmest of good wishes.

#### EPITAPH ON A BAKER.

He kneaded all he ever made,  
His rise in life was slow;  
He loafed while working at his trade,  
His cake was often dough;  
His flour he sifted off and well,  
From motes 'twas always clear,  
And now this barrel stave can tell  
A fine-bread man lies here.

To make sure of getting a thing done, do it yourself.

There are as great contrasts in lives as in characters.

## THE COLLIE, OR SHEPHERD'S DOG.

—o:—

THIS dog is eminently useful, but many persons make a pet of it. In eastern countries, where the sheep follow the shepherd, the duties that fall upon these dogs are simpler than what devolve on the northern animal. Their task is chiefly to defend the flocks and herds from wild beasts and robbers, and for this purpose the wolf-like Turkoman watch-dog and the sheep dog of Natolia are, by their great strength and courage, eminently fitted. The former is described by Sir J. McNeill as a shaggy animal, nearly as large as the Newfoundland dog, and very fierce and powerful, the dam of a specimen he describes having killed a full-grown wolf without assistance. The sheep dog of Europe is generally classed among the wolf-like dogs, because of the erect or semi-erect character of its ears, its pointed nose, and shaggy covering. Buffon, for such reasons, regarded it as nearest to the primitive type of the domestic dog. It is more natural to suppose, with Martin, that these points only indicate purity of breed, unalloyed with the mixture of other varieties. The fact that its life is spent almost wholly out of doors, and that it has little or no opportunity of mixing with other dogs than its own kind, is one cause of its singular uniformity of appearance.

Its whole intellect is devoted to the one duty of tending its master's flocks, and in the performance of this it is equally sagacious, vigilant, and patient. At a word, even a look, from its master, it will gather the sheep scattered for miles around to one place. During and after



THE COLLIE DOG

the snowstorms to which Highland districts are so frequently exposed, the sheep dog is invaluable in saving its master's property from almost total destruction. Without it the Highlands of Scotland would be almost useless for sheep-farming purposes. "It would require," says the Ettrick Shepherd, "more hands to manage a stock of sheep, gather them from the hills, force them into houses and folds, and drive them to markets, than the profits of the whole stock would be capable of maintaining."

The sheep dog stands about fifteen inches, is covered with long shaggy hair of a black colour, varied with dark grey or fulvous brown, and its tail is of moderate length, slightly recurved, and bushy. It is quiet in disposition, and, though not quarrelsome, it shows great courage in defending its charge. It will not wantonly attack a stranger, but evidently regards him with suspicion, and rejects all friendly advances. There are three varieties in Great Britain: the Scotch collie, standing only from twelve to fourteen inches high, and regarded as the purest and most intelligent; the southern shepherd dog, of larger size but with shorter fur, and having the tail often very short, a peculiarity, which, according to Bell, appears to be perpetuated from parents whose tails have been cut; and the drover's dog or cur, generally black and white in colour, and taller in its limbs than the others. It is employed in driving sheep and cattle to the city markets, and in the discharge of this duty shows intelligence quite equal to that of the other varieties, although in the treatment of the herds under its charge it often displays a more savage disposition.

The most approved collie is black and tan, but it sometimes happens that the entire coat

is of one of these colours, and then the dog is not so highly valued. The dew-claws of both English and Scotch shepherd dogs are generally double, and are not attached to the bone as are other claws. It is the custom at the present day to remove these appendages, on the ground that they are of no use to the dog, and that they are apt to be rudely torn off by the various obstacles through which the animal is obliged to force its way, or by the many accidents to which it is liable in its laborious vocation.

Although the drover's dog may be entrusted with the whole control of the flock, its rightful vocation is the conveyance of sheep from place to place. It will often learn its business so thoroughly that it will conduct a herd of sheep or a herd of cattle to the destined point and deliver it up to the proper person.

## A QUESTION OF BRIC-A-BRAC AND GRANDMOTHERS.

—o:—

My cousin has just built and handsomely furnished a new house, and I have been spending the morning with her making a tour of inspection. She is a charming little woman, and our kinship is one of those pleasant myths that occur when the fourth or fifth connection by marriage is found very desirable of recognition. She has ample means in her own right, and had "decked her bower" with every comfort and luxury from garret to cellar; it was a model of good housekeeping. One felt that no dust rested unmolested in corners, no cobwebs hung their festoons in convenient places. One *did* feel, however, that a journey across her parlour to the hall and out the front door was fraught with many perils.

In the room in which we now sat I counted five small elegant tables of carved wood, plush, and inlaid wood, each covered with a multitude of endless—what my grandmother would tersely term—"gim-cracks;" small dogs, miniature vases, boxes of all shapes and sizes, from all countries between Alaska and Turkey; paper weights, curios of every description in ivory, ebony, or gold.

Several very handsome chairs were draped with costly cloths from Arabia and Japan. One of Haden's finest etchings stood upon an easel, quite overshadowed by a rich hanging of Chinese silk and fringe. A spinning-wheel, seemingly "clothed in its right mind," for the distaff held a clue of yarn, reared its ancient form near the upright piano, in grim sarcasm as to the employment of our grandmothers and the present whirl of busy hands. The piano was draped in a richly embroidered Mexican cloth, and on top of the instrument were three small vases, two terra-cotta figures, a brass-framed mirror, and four handsome Christmas cards. Scones lined the wall, bronze pedestals, bearing bisque figures, impeded one's progress, and you had to push screens and drapery aside to peep at rare old china plaques on the walls.

Upstairs the same profusion met the eye. Soft carpets, draperies at the windows three degrees deep, softening and in many cases shutting out the sunshine; and everywhere—bric-à-brac. Once, as we came to the end of a hall, a flood of sunshine came sweeping from a doorway standing open, and I saw a room, into which I gazed eagerly. A plain, old-fashioned carpet covered the floor, and every window admitted sunshine. The bed stood snowy white and smooth, with a knitted spread, and a log-cabin silk quilt was thrown across the foot. And right in one of the sunbeams, in an old rocking-chair that I knew squeaked, comfortably sat a white-haired old lady, knitting. She had on a white apron, and a cap with strings tied under the chin, and she looked so sweet and placid that I longed to walk right in and speak to her.

My cousin hastily closed the door.

"That is grandmother's room," she said, with an apologetic smile. "I try to keep the door closed. You know Tom's grandmother lives with us. She will not let me put up extra curtains in her room, and the glare is dreadful. I let her do as she pleases, but her rooms look horridly bare and uncomfortable. But come, I want to show you the Satsuma bowl papa gave me last week; and Tom gave me at the



same time a lovely India shawl, so delightfully old and dingy."

"Annie," I said, as I made my way to the front door, but was delayed while she disentangled a small fancy basket that had attached itself to my shawl fringe, "there is only one thing in your house that I envy you."

"The Satsuma bowl? No, the India shawl; that is so genuinely old." She smiled confidently.

"No," I said; "no, my dear, it is probably not the oldest thing in your house. I think you would give the scarf precedence. It is Tom's grandmother!"

"Oh!" she cried. "She is a dear old soul, lovely and all that, but—"

"Not a comparison to the Satsuma bowl. Oh, of course I realise *that*. It is a morbid taste of mine, no doubt. Good-bye, Annie, dear; come and see me soon." And I left her, in her usual doubt as to my sarcasm or sincerity.

On my way home I pondered whether, in all the late craze for old-fashioned things—this stirring up of the attic treasures in search of wheels, bellows, candlesticks, snuffers, chairs, and tables—the dear old human antiquities are not permitted to pass unnoticed. I felt that I wanted to make a little plea that the respect, admiration, and tenderness extended to a Satsuma bowl or India scarf be also shown to the dear humanity whose wrinkled face is the index of cares cheerfully borne or the sad impress of wearing years of sorrow.

"Only one thing troubles me about going to heaven," said a bright girl to me not long ago. "I am afraid I shall find no old folks there!"

Never fear! The old hearts may be made new, the old faces shining, but the *old* love and memory will still be waiting to greet the soul that in youth and gladness remembered with gentle reverence those who were nearing the other shore.

It is said that the Jews live to a greater old age than any other race, and their longevity is partly attributed to the cherishing love bestowed by the young upon the aged. I know of a Jewish household where the good grand-dame is treated with every mark of deference and reverence. At meal-time no one sits down until the grandmother takes her place. No household doubt but is submitted to her opinion.

Ah! this is more beautiful than a house crowded with antique bric-à-brac, yet I have yet to hear of anyone offering a large sum for an old grandmother!

Come! pull down the curtains and let in the sunlight, push back the table, tilt its contents into a clothes-basket and carry it to the attic. Push the spinning-wheel into the corner, and bring the old-fashioned chair close to the fire, put the dear old piece of family bric-à-brac, the grandmother, in it, where everyone can see the dear, sweet face, and feel awakened within him the reverence that shall "rise and call her blessed."

## PRACTICAL HOUSEHOLD HINTS.

TESTED AND FOUND USEFUL.

—:o:—

Hot, strong lemonade taken at bedtime will break up a bad cold.

To take stains of wine out of linen hold the article in milk while it is boiling on the fire.

Lamp chimneys are easily cleaned by holding them over the steam from a tea kettle, then rubbing with a soft cloth, and finally polishing with paper.

Grease may be removed from wall paper by laying several folds of blotting-paper on the spot and holding a hot iron near it until the grease has been absorbed.

Mildewed linen may be restored by soaping the spots while wet, covering them with fine chalk scraped to powder, and rubbing it well in. Or soak in buttermilk, and spread on the grass in the sun.

To remove fruit stains from linen rub the part on each side with yellow soap, then tie up a piece of pearlsh in the cloth, and soak in hot water. Afterwards expose the stained part to the sun and air until removed.

## Vegetarian Cookery.

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### PUDDINGS AND SWEETS.

(Continued from page 114.)

**BATTER PUDDING.**—Half pound of flour, a pint of milk poured in a little at a time, stirring briskly; add one ounce of sugar and a little ground ginger, or cinnamon or nutmeg, and a well beaten egg. Strain the whole, and boil or bake in a quick oven one hour.

**BATTER AND FRUIT.**—Make a batter as above (or if for juicy fruit, a little more flour). Put equal quantities of batter and any kinds of fruit, such as black or red currants, gooseberries, damsons, plums, &c., or apples cut in quarters. Sprinkle thickly with sugar and boil in a basin, or bake in a quick oven, from three quarters to two hours, according to size. If apples are used they must be a sort that cook quickly.

**BIRD'S NEST PUDDING.**—Peel and core with an apple scoop six well-flavoured apples, rather sharp (or cut in halves to take the core out). Put in a piedish with a quart of soft water, two ounces of fine sago, one ounce of sugar, a little grated lemon peel, place a dish over, and cook either in the oven or on the cool end of the stove, about one hour, or use batter instead of sago.

**BLACK CURRANT PUDDING.**—Half pound of flour, half pound of bread crumbs, a saltspoonful of bi-carbonate of soda, quarter pound of sugar. Mix well together, stir in one pound and a quarter of fruit, mix rather moist with milk (sour is best), boil in a basin three hours, or it may be baked in a quick oven.

**BREAD PUDDING.**—A pint of bread crumbs, cover well with milk, add cinnamon, nutmeg, and grated lemon peel. Put the saucepan over a gentle fire till the crumbs are soaked, take out the cinnamon and beat up the bread crumbs, and one or two eggs, sugar, and quarter pound of currants, boil in a basin one hour.

**BAKED BREAD PUDDING.**—Cut a French roll into thin slices, lay in a piedish, sprinkle currants between each layer and on the top (three ounces will be enough for the whole). Beat up an egg, and mix with a pint of milk, one ounce of sugar, and very little grated nutmeg or lemon peel. Pour this over the bread and let it soak an hour or more, put into a rather quick oven and bake one hour. Some people prefer Sultana raisins to currants. It may be made without the egg.

**BREAD PUDDING (Plain).**—Take a pound of stale bread (any pieces will do), crust and crumb, half pound of currants, quarter pound of sugar, and a teaspoonful of ginger. Pour cold water on the bread, and when properly soaked, in two hours, press out the water and mash the bread, adding the sugar, currants, ginger, and grated nutmeg. Mix, put in a buttered dish, and bake in a moderate oven. When baked let it remain a few minutes, then turn out on a flat dish and serve either hot or cold. A little milk or an egg will improve it.

**FRUIT PUDDING (Apple, Gooseberry, Plum, &c.).**—Butter a basin, line it with some paste, using for a quart basin a little over half pound of flour. Put in part of the fruit, then some sugar, and if apples a few cloves or finely-shred lemon peel, and lemon peel for rhubarb. Fill up quite full with fruit, more sugar on the top; cover with a piece of paste, trim it, pinch the edges well together, tie a floured cloth over, put it into plenty of fast boiling water, boil from one to two hours, according to kind of fruit, or longer, if a very large pudding.

**INDIAN APPLE PUDDING.**—Scald quarter pound Indian meal with half pint milk; when it has cooled stir in a quarter pound of flour, previously mixed with a quarter pint of cold milk, three ounces of sugar, and six apples cut in small pieces. Bake in a shallow tin one hour and a half in a quick oven. Other kinds of fresh fruit may be used. If a very juicy kind, use less milk to mix the batter.

**FRUIT PUDDING (Delicate Baked).**—Place in a buttered dish a layer of rusks, or sponge cakes, or slices of French roll, then a layer of any fresh or preserved fruit (raspberries and red currants or apricots are perhaps best, but other fruits may be used), then another layer of

rusks, cakes, or rolls, and so on till the dish is full. Pour a custard over, and bake from twenty minutes to half an hour, according to size. If fresh fruit is used sprinkle sugar with each layer.

**LEMON PUDDING.**—Half pound very light, white bread crumb, cut in thin slices, pour a pint of boiling milk over, cover and leave to get cold, and then well beat with a fork, and add six ounces of lump sugar on which has been rubbed the peel of two good lemons, the juice of the lemons, and two eggs. Bake in a moderately quick oven one hour.

**LEMON PUDDING (Boiled).**—Half pound of bread crumbs, six ounces of flour, two ounces and a half of sugar, one ounce of butter, half pint of milk, a lemon. Shred the peel fine, mix with the crumbs and juice, add the flour and butter rubbed together, and sugar. Mix with the milk to a soft paste. Boil two hours and a half.

**MACARONI PUDDING.**—Put two ounces macaroni into boiling water, in a quarter of an hour strain off the water, and put it into a pint of hot milk with a little grated lemon peel and a stick of cinnamon. When nearly done add an ounce of white sugar, boil in the milk one hour and a quarter, taking care it does not burn; place in a layer at the bottom of a dish and pour a pint of hot custard over. Serve cold.

**MACARONI, WITH PRESERVED FRUIT.**—Take three ounces of macaroni, a pint of new milk, half a pint of water, two eggs, lemon peel and cinnamon, two ounces of sugar. Put the macaroni on the fire with a pint of milk and water, a piece of lemon peel pared very thin, and a small piece of cinnamon; stew gently about an hour, till tender but not soft; beat the eggs well, adding half pint of cold milk and the sugar; butter a dish and put a border of paste round the edge, spread a layer of macaroni, then a layer of preserved fruit (gooseberry, currant, or raspberry jam, orange or apple marmalade), and the remainder of the macaroni over, pour the milk and eggs upon it; bake about one hour in a moderate oven, and serve with fine sugar sifted over.

**MALVERN PUDDING.**—Line a basin or mould with moderately thin slices of crumb of light bread; boil tender, and sweeten any kind of juicy fruit, and when boiling pour it into the bread immediately. Put a layer of the bread over the top and cover by a plate with a weight on, so as to shut in the steam. When quite cold it will turn out in the shape of the mould. A little powdered loaf sugar may be thrown over. This may also be made by half-filling the mould with bread crumbs instead of slices; pour the fruit over, stir together, and cover the same way. If it is desired to make this pudding with fruit which is not juicy, first moisten the bread with milk.

**MINCEMEAT PUDDING.**—Fill a piedish with alternate layers of slices of light white bread and mincemeat, bread at the top. Pour a little milk over slowly to wet the bread, and bake in a quick oven one hour.

**PLAIN BAKED PUDDING (for Jam).**—Half pound of flour, half pound of ground rice, a saltspoonful of bi-carbonate of soda, rub in two ounces of butter, one ounce of sugar. Mix with half pint of milk in which an even saltspoonful of tartaric acid is dissolved (or sour milk, without the acid). Bake in a tin.

**PLUM PUDDING (Plain).**—Mix half saltspoonful bi-carbonate of soda well into six ounces of flour, add half pound of bread crumbs, half pound of raisins halved, two ounces of sugar, one ounce of mixed peel, a little nutmeg; mix with half pint of milk. Boil three hours.

**PLUM PUDDING.**—Take currants and raisins, half pound of each; sugar, flour, and bread crumbs, quarter pound of each; two ounces of candied peel, quarter of a nutmeg, two eggs, and half pint of milk. Boil five hours.

**PLUM PUDDING.**—Half pound of flour, two ounces of butter rubbed into it; add half pound of bread crumbs, half pound of raisins, half pound of currants, quarter pound of sugar, two ounces candied peel; mix with three eggs and a pint of milk. Boil four hours. Very good without the eggs.

**TOBACCONISTS.**—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.



# Cookery for the Million

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## POULTRY.

**A BEAUTIFUL AND EXCELLENT WAY OF DRESSING FOWLS.**—When nicely clean, and free from every feather and plug, singe them. Bone, and draw inwards the leg and pinion of wing. Stuff with sausage-meat, and tie neck and vent. Roast, and serve with gravy in the dish, and bread-sauce in a tureen. If the fowls are young, and properly kept, they are equal to turkey. If the quantity of forcemeat be thought too much, one fowl may be put within the other.

**FOWLS BOILED WITH RICE.**—Clean and wash some rice, put it into the body of the fowl, with a piece of butter rolled in flour, and a little lemon-juice and salt. Put it into the saucepan, and pour over it instead of water the following *blanc*. Cut a pound of veal and the same quantity of fat bacon into small pieces, and lay them in a stewpan with half a pound of butter; do not allow them to brown, but while the meat is white pour on boiling water, adding at the same time a clove, half a bay-leaf, a bundle of sweet herbs, and a little shallot. When sufficiently stewed strain it through a hair-sieve over the fowl, which must simmer in it for three-quarters of an hour. The veal and bacon that has been employed in this *blanc* may be put into a mortar and pounded together for some kind of stuffing. It is the fashion to lard the breasts of boiled fowls with tongue.

**BOILED DUCK WITHOUT SALT.**—Dress the duck and put it into warm water for a few minutes, take it out, and lay it in an earthen pan, pour a pint of boiling milk over it, and allow it to soak for three hours; dredge it well with flour, and put it into cold water; let it boil for twenty minutes, and then send it to the table smothered with onion-sauce.

**ROASTED PIGEONS.**—Stuff the whole of the body of the pigeon with veal stuffing: some persons merely chop a little parsley and put it inside; but the other is the better way. A fine *farce*, made of pounded veal and bacon, and bread steeped in milk, is an excellent stuffing for pigeons.

**ANOTHER WAY.**—Boil, pare, and pound chestnuts in a mortar, with equal parts of fat bacon finely rasped; fill the pigeons with this stuffing, cover them with slices of fat bacon, and wrap them in young vine-leaves; roast the whole together, and send them up with the bacon and vine-leaves, which impart a fine flavour to the pigeons. Partridges may be dressed the same way, and truffles substituted for chestnuts.

**PIGEONS, WOODCOCK FASHION.**—Clean and truss the pigeons, cut a slice of bread, toast and butter it, then chop equal quantities of mushrooms and anchovies very finely together, pepper it, and spread it on the toast rather thickly, and put it under the pigeons while they are roasting.

**LARKS.**—Epicures aver that it requires no fewer than three persons to assist at the cookery of a single lark. The spit requires to be turned much more quickly than the ordinary machinery will admit. The larks should be put down to a brisk fire, and the whole time they are roasting, one person should baste them with butter, another dredge them with fine bread-crumbs, while the third quickens the movements of the spit. When thus attended to, larks will come to table twice their original size. Though three artistes may not be absolutely necessary for the purpose of roasting a lark, it is essential that all small birds should be dressed according to the foregoing directions—the spit must turn rapidly, and the basting and dredging never be remitted for a single instant. Larks may be roasted encased in fat bacon, and covered with vine-leaves. Sparrows, when young and plump, are excellent eating, and cooked in the same way may do duty for larks. A dozen larks are skewered together, and the skewers tied on a spit. Woodcocks, snipes, quails, green plovers, and ortolans are not to be drawn: lay a toast under them while roasting to catch the trail; serve them up with good gravy and bread sauce. All game and small birds are improved by the addition of bread crumbs, either fried or toasted, the latter is the more delicate preparation: grate the crumbs, and put them into a tin shallow dish before the fire, shaking them occasionally until they are well browned; send them

up in the dish with the roasted birds. Vermicelli fried, and then drained and dried before the fire, may be added to all brown gravies.

**PHEASANTS.**—It is not in general usual to stuff pheasants; they are sometimes larded, but the following forcemeat will be found a great improvement. Cut a piece of lean veal into small dice, with about a third of bacon also minced, season it with a little pepper, and put it into the body of the pheasant, which must be tied to prevent the escape of the stuffing, or roasted with the head downwards. The gravy from the veal will diffuse itself through the pheasant, and render it more juicy and tender, while the bacon is always to be preferred when put inside a bird, though the outer larding may be more ornamental. Beef is sometimes substituted for veal.

**PARTRIDGES**, being less dry than pheasants, do not require stuffing, although they are improved by it, made either of chestnuts, or truffles, and bacon. They are sometimes roasted, wrapped in bacon and vine leaves; the bread-crumbs are essential. In some parts of Kent partridges are sent up with forcemeat-balls in the dish.

**GROUSE AND MOOR-CKOCK** are sent to table plainly roasted, with fried bread-crumbs and bread-sauce.

**WILD DUCKS** must be roasted at a very brisk fire: they take from five to twelve minutes, according to the preference for raw meat, and will not be thoroughly cooked under a quarter of an hour. Some people are of opinion that they should only fly through the kitchen—by epicures they are considered to be in true perfection when they come up dry and brown, and, when cut, flood the dish with gravy. The means of ensuring success consist in a very ardent fire, rapid motion of the spit, and constant basting. The carver should score the breast of the duck, put a piece of butter on it and squeeze a lemon over it; but those who desire to taste duck *par excellence* should substitute shickaree-sauce for the lemon. Take of cayenne pepper from a saltspoonful to a dessertspoon, according to the taste of the party (and with either proportion a dessertspoonful of powdered sugar). Add to this the juice of half a lemon, a glass of claret or port, and a glass of ketchup, or any other sauce. This must be warmed before it is poured over the duck. When basted the next day—that is, heated in this sauce mixed with gravy, nothing can be more delicious; and if medals or honours were bestowed in these days upon the patriot who gives to the public a superlative dish, the author of this receipt would claim the reward.

**N.B.**—This applies to wild geese, which, when dressed in the severe winter of 1838, after the foregoing directions, were pronounced delicious. Agreeing with the late Mr. Walker, the author of "The Original," that a little dinner, composed of excellent dishes of their kind, is preferable to an elaborate display, the bill of fare is given for a party of three, who, in the month of January, partook of a vegetable soup, a loin of house-lamb, and hashed wild goose, after the above fashion, with a slight sweet pudding, and nothing could have been more successful.

**HARES**, if properly taken care of, will keep a considerable time, and even when the cook fancies them past eating may be in the highest perfection, which they cannot be if eaten when fresh killed. As they are usually paunched in the field, the cook cannot prevent this; but the hare keeps longer, and eats much better, if not opened for four or five days, or according to the weather.

If paunched, as soon as a hare comes in it should be wiped quite dry, the heart and liver taken out, and the liver scalded to keep for the stuffing. Repeat this wiping every day; mix pepper and ginger, and rub on the inside; and put a large piece of charcoal into it. If the spice is applied early, it will prevent that musty taste which long keeping in the damp occasions, and which also affects the stuffing.

An old hare should be kept as long as possible if to be roasted. It must also be well soaked.

Hare requires to be kept at a distance from the fire. Serve with melted butter in the dish, and send it to table with liver-sauce, currant-jelly, and gravy. It is now the fashion to bone hares, which greatly improves their appearance, lessens the difficulty of carving, and assists in making the gravy. Break the bones, and stew them in water and any small quantity of meat

parings; boil the liver of which the sauce is to be made in this gravy, and add a little brown-ing to give it a colour.

## HOME WORK.

—:O:—

### THE SPRING CLEANING.

THE days are dry and bright, and altogether all that can be desired for cleaning down easily and comfortably. All the drawers and cupboards will have already been gone over leisurely, and the rubbish cleared away; this is a very good plan, and prevents much confusion. Now, before beginning, it is well to have a clear idea of what is to be done, and how you are to do it. I think that the great fuss and extreme discomfort which have come to be considered inseparable from spring cleaning are in a great measure preventable, and with a little management and a good deal of forethought could be entirely abolished. I think that one's family should only be able to tell that cleaning had been going on by the sweet freshness of the rooms.

It is a good plan to clean only one room at a time, beginning very early in the morning, and putting down the carpet and in the furniture just before dark, so that the floor may be thoroughly dry and the room aired before it is refurnished. The window should be kept open all day, and the door as often as possible, so that a good current of air may pass freely through. When the room has to be white-washed and papered it had better be stripped overnight, so that the men can begin as soon as possible in the morning. If the papering can be done by one of your own household you are very fortunate. Amateur paperhanging should be learnt by all girls who intend becoming housekeepers. It is not at all hard to learn, great care and tenderness of touch and good taste being necessary. Should the old paper be good and clean it may be rubbed with the crumb of a white loaf, or simply with soft dusters. The paints are washed with a soft flannel or sponge and warm water, soap being used where there are spots or stains; it is a good plan also after drying them with a cloth, to dip a soft cloth in dry whiting and rub the white paints with it; this improves the colour and dries up any moisture.

The floor is best well scrubbed with hot water and soap, if it be stained and varnished round it may be wiped with a damp cloth and then with a dry; lastly, well rubbed with a paste made of beeswax and turpentine, and polished with a dry cloth. While the floor is drying the carpet should be shaken, then beaten, and then shaken again. Strong and willing arms will be required for this.

The furniture may now be cleaned with the following cream, which possesses the advantage of not showing finger marks, a very important one, I am inclined to think.

**FURNITURE CREAM.**—Ingredients—1 pint turpentine, 4 oz. beeswax, 2 oz. white wax, 1 oz. soap, 1 pint cold water. Method—Cut up both the waxes very finely, put them in a deep dish, and pour the turpentine and let them soak until the wax is quite melted. Then cut up the soap finely, and let it boil in the pint of water until it is melted. Pour this into the dish with the wax and turpentine, stirring as it mixes. It should be allowed to cool and then poured into bottles, which must be kept tightly corked. I can recommend the above from experience.

The mirrors, after being cleaned, are improved by being rubbed with an old silk handkerchief dipped in powder blue. All hangings should be shaken and brushed, and, if washable, washed; the bedding must be brushed and turned out in the sunshine to air.

One large or two small rooms can be done in a day if work be begun early. Should you be re-arranging the carpets you will find it so much less work to have a square one laid in the centre of the room and the edges of the floor stained and varnished. Should you not care to permanently colour the floor, there are plenty of linoleums marked as if inlaid with different coloured woods, which combine cleanliness with utility. Strips of the linoleum are laid round the room, and the carpet nailed to the inner edge. To clean the linoleum, first wash it with a piece of flannel, rub on some skim milk or butter milk until it is nice and



dark. This plan keeps the pattern from wearing out so soon too. Another good plan is to have two or more of the bedrooms carpeted alike, then the worn pieces can be taken out and the two made into one.

Vases, statuettes, and all those pottery ornaments which will bear it, after having the dust removed by duster and bellows, may be washed in tepid water, dried, and then packed away in some safe place until the room is quite in its usual state again. By taking this precaution many breakages will be prevented, and neither mistress nor maids will have the burden of impending destruction of crockery added to their distresses. This will improve tempers generally.

I append a few important rules, with regard to spring cleaning which it would be well to bear in mind:—

Begin at the top of the house, and clean room by room, finishing each before beginning another, unless it be more convenient to take more at one time.

Do everything thoroughly well, and let the mistress's eye see to everything, and let her head help her maid's hands.

Bear in mind the golden rule, "Bear and forbear," very especially at this time.

Do not attempt too much in one day; better one room done to perfection than two slipped over indifferently.

Do not allow the cleaning to interfere with the serving of the day's meals at their proper hours; this should be especially attended to, as it is the golden secret of smoothly working household machinery. MOTHER.

## FACTS AND SCRAPS.

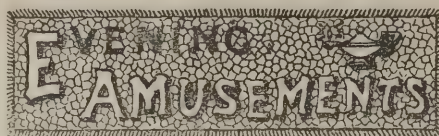
—:o:—

SPEAKING of adulterations of butter, it appears that a veritable panic has been created among the inhabitants of India by the discovery that the ghee, or clarified butter, in universal use, was being mixed with the fat of cattle and swine. The religion of the Hindoos and Mohammedans forbids the use of such fats, as contaminating; and so great was the excitement that many natives entirely gave up the use of ghee, while the wealthier people went to the expense of importing it from Persia. A law was hurriedly passed imposing severe penalties for such adulteration, which, even if it does not put a stop to the practice, will allay the fears of the superstitious natives, and enable them to enjoy their accustomed food without loss of caste.

HOW TO GET ALONG WITHOUT DISH-WASHING.—Mr. Joel Benton frequently affords the world practical as well as poetic ideas. Among the most recent included in the former category is one which may, in the near future, seriously interfere with the prosperity of china, glass, and crockery manufacturers. He suggests that nearly all the dishes be made of paper, so that they can be used for firewood after every meal. This would certainly be a very effective remedy for one of the most monotonous of household duties. Ladies who prefer to do their own work rather than have the trouble and responsibility of keeping hired help, would find in such a change of fashion a most welcome relief. Paper is now used so largely that it would be easy to popularise it in this way. There is no sanitary purpose for which it would be so valuable, and for which its introduction would be hailed with more gratitude. It would encourage women to abandon boarding-house life in favour of house-keeping. Even the difficulties of maintaining bachelors' hall might be successfully surmounted if there were no dishes to wash. Married ladies who for a few weeks in summer leave their husbands to shift for themselves, without female help, know that the most appalling sign of weakness is shown in the utter inability of the male mind to appreciate the necessity of washing more dishes than are necessary for immediate use. It would simplify matters very much in this regard if the disconsolate husband could order a stock of clean dishes to be delivered with his groceries.

The lightest of labours are a burden to those who have no motive for performing them.

Men often preach from the house-tops while the devil is crawling into the basement window.



## OUR SPHINX AND PUZZLE PAGE.

—:o:—

### HIDDEN MEN OF SCIENCE AND INVENTION.

1. My friend, Wilfred, is on his way to join his regiment.
2. You can either bring the rum or send a man with it.
3. After coming so far, a day or two longer stay will not make much difference.
4. Being short of money is nothing new to necessitous individuals.
5. The first time we met Ada Vyse was at a garden party.
6. No one is safe from ill-natured remarks.
7. Your sister Mabel left us last week.

### NUMERICAL ENIGMA.

If any day you go astray  
From home, you will agree  
To go with speed you only need  
To take a 1, 2, 3.

When to a bill, or e'en your will,  
Your name you would affix,  
You can't deny that you'll rely  
Upon a 4, 5, 6.

Now, if this "con" you work upon,  
Its answer to define,  
You'll get it pat, provided that  
You only 7, 8, 9.

Three times three above you see;  
Just place them in a line,  
A simple part of mechanic's art,  
Is the answer, 1 to 9.

### ENIGMATICAL RIVERS.

1. What river is an insect?
2. What a colour?
3. What magnificent?
4. What a sweet wine?
5. What a precious stone?
6. What a net?

### HIDDEN FISH.

1. How hale and hearty that old gentleman looks!
2. I think Ada and Hannah err in going skating to-day.
3. Oh! yes, I know Mr. Marshal. I buttoned his gloves for him last night after your party.
4. He elbowed his way through the crowd.
5. She reads in a universal monotone voice.

### WORD SQUARE.

A snail, a tree, does now adjourn;  
To overthrow or outward turn;  
Then, lastly, puzzlers, peevish take,  
And from the five a word-square make.

### DIAMOND PUZZLE.

- 1, A letter. 2, A small animal. 3, A substance used to write on. 4, A number. 5, A letter.

### DECAPITATIONS AND CURTAILMENTS.

1. Behead and curtail past and leave above.
2. Paradise and leave a ridge.
3. Nice and leave small.
4. Sin and leave an edge.
5. To give and leave hurried.
6. Waste and leave possession.

### TRANSPOSITIONS.

Transpose six mountains and get respectively an unexpected event, cattle, to strike, ecclesiastics, resembling a certain bark, and after.

### DOUBLE CROSS-WORD ENIGMA.

In chopstick not in knife.  
In drumstick not in fife.  
In shipboard not in plank.  
In landlord not in crank.  
In wildwood not in beast.  
In childhood not in youth.

In Auld Lang Syne, wed Nancy Lee  
And I would trudge to WHOLE together,  
Our hearts, the while, brim full of glee,  
Our spirits light as any feather.

### CHARADE.

Behold this youth, whose FIRST  
Doth ill become his LAST,  
Whose coat hath seen far better days—  
Dad wore it in the past.  
On his small head his dad's old hat,  
Concealed his unkempt crown;  
This youth collects my TOTAL  
And carts it out of town.

### DOUBLE ACROSTIC.

Our initials and finals are capitals great,  
Which much interest in the world do often  
create,  
For each side watching t'other with hound-like  
intent  
Make the interest amount to what's called *scent*  
per cent.

1. Active or passive.
2. Fragile or massive.
3. It enters the sea all alone.
4. He takes to strange courses.
5. Hurrah for divorcees.
6. It's going and —gone!

### ANSWERS TO "OUR SPHINX," OF No. VII.

BURIED PROVERB—Waste not, want not.

DECAPITATION—Smart—mart—art.

DECAPITATIONS AND CURTAILMENTS—

Burned—urn.	Villa—ill.
Dread—read.	Allowed—owe.
Coarse—oars.	Instead—tea.

HIDDEN ANIMALS—1, Mama. 2, Mole.

4, Genet. 5, Sable.

METAGRAM—Kite—rite—bite—cite—site.

### ANSWERS TO "OUR SPHINX," OF No. VIII.

BURIED PROVERB.—The follies of wise men are the consolation of the dunces.

(I). The follies of (II) wise (III) men (IV) to sh-are (V) the-re (VI) consolation (VII) of-t (VIII) the dunces.

### SLANTING PUZZLE—

p	a	n	s	y
t	a	l	e	s
p	i	l	l	s
p	l	a	i	d
s	p	r	o	d

### CHARADE—Snow-drop.

### SQUARE WORD—

I.	II.
e a r t h	w a t e r
a d o r e	a d o r e
r o v e r	t o t a l
t r e a d	c r a m p
h e r d s	h e l p s
III.	IV.
l a r c h	b a t h
a s i l e	a c r e
r i g i d	t r u e
c l i n g	h e e d
h e d g e	

ENIGMA—1. Water. 2. Jubilee.

### CONUNDRUMS—

1. When he takes a trunk and leaves home with many bows (boughs).
2. When she herself turns to butt her (butter).
3. No. But I have seen a "D" (e)canter.
4. When they wear wings.
5. Corn.
6. Because an idle individual has four eyes ("i"s).

### SINGLE ACROSTIC—Quentin Durward.

1. Schonwalt.
2. Isabelle.
3. Rouge Sanglier.
4. William de la Marck.
5. Arnot.
6. Louis XI.
7. Toison d'Or.
8. Edward IV.
9. Rouslaer.
10. Scotland.
11. Charles.
12. Oliver.
13. Tristan l'Hermite.
14. Trois-Eschelles.

Sir Walter Scott.

FLOWER CONUNDRUMS—1, Cowslip. 2, Hawthorn. 3, Primrose. 4, Hollyhock. 5, Harebell. 6, Foxglove. 7, Marigold.



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PRICE ONE PENNY

## CANARIES: HOW TO FEED & CARE FOR THEM.

ONE of our poets has referred to these little creatures as "dew drops of celestial melody," while another with no less happy conceit compares a pet canary to a sunbeam. Like children, they thrive best where most loved and best tended; indeed, they are seldom kept except by those who love and appreciate them, though now and then we see them in the hands of those who neglect and ill-treat them. Our pet is no aristocrat, and sings as sweetly in the shop of the German cobbler as in the boudoir of the London belle.

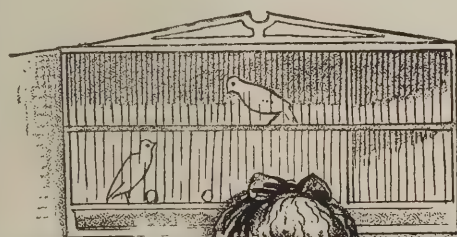
The canary bird (*fringilla Canaria*) belongs to the finch family, and is a native of the Canary Islands. The native bird differs somewhat from those seen in cages. The bill of the adult male is much darker; the colour of the plumage varies, and the voice is somewhat less than in the domesticated species.

There are said to be fifty varieties of the canary, those most prized being the jonquil and the mealy; these combining the greatest beauty of colour and excellence of song. The German birds are very handsome, having often a great deal of green in their plumage. Purity and excellence of song does not depend altogether upon colour, a mottled bird often possessing as good voice and power of mimicry as one in which the colour is unmixed. Their sweet voices, bright, cunning ways, and loving dispositions endear them to their owners, for if gorgeousness of plumage and elegance of form are desired, there are other birds possessing these qualities to a greater degree.

The average length of life of a healthy bird properly cared for is ten or twelve years, though we now and then hear of one attaining the age of seventeen, and occasionally twenty-five years; but this seems to be the extreme limit, and is rarely reached. Two birds died last year at this advanced age.

The price of canaries varies according to place and accomplishments. A good male singer may be bought for ten shillings, while one trained to sing a tune will command a much higher price.

The cost of feeding these feathered pets is no small item when one considers the number kept in confinement, and then realises that it costs on an average seven shillings a year to keep each one, exclusive of cages, drinking vessels, bath tubs, &c.



THE FOSTER  
MOTHER



In the way of cages nothing but brass should be tolerated. These can be kept bright a long time if the bird does not bathe in the cage—as he should not—and are carefully washed, wire by wire, with cold water once a week, and wiped dry with a linen cloth. By all means scald the perches whenever you clean them, but never put hot water on the cage.

The cage should be hung where the sun can lie in it a part of the day—morning sun is best—but never expose a bird to the direct rays of the sun with no chance of shelter. They much enjoy a sun bath, and will lie in the bottom of the cage with ruffled feathers that the sun's rays may the better reach their bodies; but to so confine them that they cannot retire from the fierce glare when they wish is arrant cruelty, and often results in sunstroke.

Birds are usually hung too near the top of the room for comfort; the heat and bad air rise and cause them much suffering. They delight in fresh air, but a draught is fatal to voice and health—in fact, most bird ailments have their origin in a cold. They will endure a considerable degree of cold, but extremes are detrimental, and a temperature of from 50 to 70 degrees is probably the most grateful to them. Particular care should be taken that they do not suffer on winter nights. The best protection is a doubled newspaper pinned closely about the cage, but



with some small opening left for air. The paper should also be used whenever the bird is moved from one place to another, otherwise it will be subject to cold and fright. When one does her own house work and is in the kitchen a good part of the day, that is the best place for the bird, provided he can have the morning sun. They delight in noise and bustle, and the clatter of the stove covers, the rattling of pots and pans, and the running of water, are all pleasures to them, while a cheery word, a whistle, or a nod will be fully reciprocated. The cage should be suspended by a spring, as this lessens the shock as they jump from perch to perch. A swing is also a necessary furnishing of the cage, and it gives them much pleasure to dreamily swing and swing till at last the bright eyes close, the little head is tucked out of sight so quickly that we can hardly tell on which side it is put, and lo! birdy is fast asleep, standing solemnly on one leg, which seems so exactly in the centre that its arrangement is ever a mystery.

The proper time for a bird to moult is from June to September, but if hung too near the stove or too high up in the room they sometimes moult in winter. Should this occur, move or lower the cage, put a little saffron in the drinking water, and give a piece of the yolk of a hard-boiled egg every other day. Moulting at any season is a trying process, and the pets need special care to bring them through successfully. The voice is lost; they seem dull and stupid, and are at times really ill. They should now have hard-boiled egg, chickweed, or lettuce, which is better, with a few hemp seeds in addition to the regular diet. If the bowels are loose, put a small rusty nail in the drinking cup. At this time they will bathe but seldom, though it is well to offer the bath regularly. A red pepper should be kept in the cage, as it is not only strengthening, but improves the colour of the feathers. Should there be trouble about getting back the voice, borrow a good singer and hang near your bird a few hours each day.

The ordinary diet should consist of Sicily canary seed, German rape, and millet, though all birds do not relish the latter. Cattle bone should be kept in the cage at all times; it is a good plan to fasten this with a wire, as they so quickly untie a string, and give plenty of fine, fresh gravel every time the cage is cleaned, which should be every other day in summer and twice a week in winter. Of course, if you can spend time to clean the cage every day, so much the better. But this will keep the birds in good condition. Any fine gravel or clean sand will answer for the bottom of the cage, but it must not be sea sand. Cover the movable tin floor with a round piece of brown paper, and sprinkle the sand on this. Give them chickweed, lettuce, or a bit of sweet apple every other day in summer, and once a week in winter, also a bit of dry cracker or raised bread now and then, but no cake, sugar, or candy, as you value the song, health, and life of your pet.

Birds are creatures of habit, and their wants should be attended to every morning at as nearly the same time as possible. It saves much trouble if the bird is taught to bathe out of the cage. To do this, set the cage with the door open close by the sink, in which you have placed the bath-tub, always in the same position; and, unless the bird is very shy, it will soon be dipping and splashing as only a bird can.

Lice seldom make their appearance where the birds are kept in a cleanly condition, but should they prove troublesome have the perches replaced by those made from a bit of elder wood from which the pith is removed, and also have two or three little holes made in the side. The mites will crawl in these hollow perches, and can be killed by scalding. Covering the cage at night with a piece of white cotton flannel which is scalded in the morning will often answer the same purpose, and there is a kind of insect powder to be blown in the feathers which can be bought of bird dealers.

Old birds are frequently troubled with scales on the feet, to remove which bathe in warm water and castile soap or warm milk. These remedies are also excellent for sore feet and swollen limbs, though for the latter you may add a few drops of arnica to the water. Birds seldom have sore feet if the cages are kept clean, the perches well scalded, and plenty of

sand given; but an often unsuspected cause of this trouble lies in the use of too small perches. The proper size of perch for a canary is half an inch in diameter, tapering slightly at the ends. Sometimes the claws grow so long as to be not only troublesome, but dangerous. In this case, take the bird gently in the hand, and with stout, sharp scissors clip off what is necessary, using care not to cut into the quick.

If a bird has a cold, give it red pepper and tiny bits of salt pork every four or five days. They may also have hemp seed and hard-boiled egg and cracker as when moulting. Keep them warm and out of draughts. Hang in the morning sun, scrupulously attending to all their wants, and they may recover; but a cold is a serious thing, whether in bird or person.

A bird will sometimes sit bristled up like a porcupine, with his head under his wing the quarter part of the time. This is a sure sign of illness, and may result from diarrhoea, costiveness, improper food, or neglect. When you have ascertained the cause, give remedies before mentioned. You may remove the seed for a few days and feed on hard-boiled egg and cracker, with a bit of sweet apple. Canaries are subject to a skin disease which causes them to lose feathers, especially about the head. A diet of rape-seed with a little raw grated carrot every few days, and a gentle application of pure olive oil to the bare spots, will usually effect a cure.

The seed of the common plantain is a pleasant addition to the ordinary diet, and where it is abundant it is well to save a quantity to mix with the other seed for winter use.

## Cookery for the Million

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**TO ROAST HARE.**—After it is skinned let it be extremely well washed, and then soaked an hour or two in water; and if old lard it, which will make it tender, as also will letting it lie in vinegar. If, however, it is put into vinegar, it should be exceedingly well washed in water afterwards. Put a large relishing stuffing into the belly, and then sew it up. Baste it well with milk till half done, and afterwards with butter. If the blood has settled in the neck, soaking the part in warm water and putting it to the fire warm will remove it, especially if you also nick the skin here and there with a small knife to let it out. The hare should be kept at a distance from the fire at first. Serve with a fine froth, rich gravy, melted butter, and currant-jelly sauce; the gravy in the dish. For stuffing use the liver, an anchovy, some fat bacon, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it all. The ears must be nicely cleaned, and singed, and made crisp. They are reckoned a dainty.

**TO COOK A HARE DERRYNANE FASHION.**—Take three or four eggs, a pint of new milk, a couple of handfuls of flour; make them into a batter, and when the hare is roasting, baste it well, repeating the operation until the batter thickens and forms a coating all over the hare; this should be allowed to brown, but not to burn. N.B.—This is a very popular dish with the guests at Derrynane Abbey.

**ANOTHER COATING FOR A HARE.**—Two spoonsful of flour, three yolks and one white of an egg, diluted with new milk, and mixed with two spoonsful of salad oil. N.B.—Old hares should be jugged.

**TO ROAST A HARE WITH CREAM SAUCE.**—Boil the liver and chop it very fine, mix a small portion with the stuffing, and reserve the remainder for the sauce. Put a bunch of sweet herbs into the dripping-pan and pour a quart of good milk over it. Baste the hare continually with the milk, and when it is rather more than half roasted take the sauce out of the dripping-pan, and put another quart of new milk to the herbs. Take the hare and slit the neck, in order that the gravy may run from it into the milk that has been added; then skewer the head down again; baste continually as before until within twenty minutes of its being served, then remove the milk and baste with butter, dredging it gently with flour twice during that time; add the two quantities of milk together, stir in a lump of butter and flour, put in the chopped liver, warm it over the fire, stirring all the time, being careful not to let it boil, as that

would curdle it. N.B.—The hare must be well wiped with a dry cloth previous to spitting, but on no account be washed, as that would spoil it.

**LEICESTERSHIRE JUGGED HARE.**—Skin the hare and cut it in pieces, but do not wash it; strew it over with pepper and salt, fry it brown, make a seasoning of two anchovies, a sprig of thyme, a little parsley, a nutmeg grated, a little mace, a few cloves pounded, and a teaspoonful of grated lemon peel. Strew this over the hare, after having carefully taken it out of the pan clear of fat; slice half a pound of fat bacon very thin, put it into a jug or jar, a layer of hare and one of bacon upon it, until the whole is put in, then add rather less than half a pint of ale; cover the jug very closely, so as perfectly to keep in the steam; put it into a kettle of cold water, lay a tile on the top of the jar, and let it boil three hours if the hare be young, or four or five if an old one. Take the jug out of the kettle, pick out all the bacon which has not melted, and shake the hare up in a stewpan, with a little mushroom ketchup, a glass of port wine, a little mushroom powder, if at hand, and a little butter and flour, well mixed together to thicken the gravy. A teaspoonful of lemon pickle and one of browning will heighten the flavour.

**RABBITS.**—Rabbits, being rather dry meat, are much improved by larding. Should the process be deemed too troublesome upon common occasions, a good effect may be produced by lining the inside of the rabbit with slices of fat bacon previously to putting in the stuffing, which should be the same as for hare. This is a very easy method of improvement, and ought never to be neglected. N.B.—A boned rabbit, larded, stuffed, and braised affords a cheap and elegant side-dish for a dinner party.

**BOILED RABBIT.**—Boil slowly, and send to table covered with onion sauce. Rabbits are very nice fried; they must be cut up and dressed with chopped herbs, bread crumbs, &c.

**TO MAKE A RABBIT TASTE MUCH LIKE HARE.**—Choose one that is young, but full grown, hang it in the skin three or four days; then skin it, and lay it without washing in a seasoning of black pepper and all spice in a very fine powder, a glass of port wine, and the same quantity of vinegar. Baste it occasionally for forty hours; then stuff it, and roast it as a hare, and with the same sauce. Do not wash off the liquor that it was soaked in.

**TO POT RABBITS.**—Cut up two or three young but full grown ones, and take the leg-bones off at the thigh; pack them as closely as possible in a small pan, after seasoning them pepper, mace, cayenne, salt, allspice, all in very fine powder. Make the top as smooth as you can. Keep out the liver and the carcasses, but take off the meat above the neck. Put a good deal of butter, and bake the whole gently. Keep it two days in the pan; then shift it into small pots, adding butter. The livers also should be added, as they eat well.

## NOTES.

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**AVOID natural forms in decoration.**

The home mirrors the family.

**PORTIERES** of velvet, plush, raw silk, felting, momie cloth, jutes, and flannel give a rich and luxurious tone to a room. They should be decorated with horizontal, not vertical, stripes; the latter might be hid by the folds, but the former must appear and reappear at intervals.

If but little light is admitted to an apartment the ceiling should not be dark, but even in this case it should never be white. Cream colour formed of middle chrome in white will harmonise with almost any colour, and is even more reflective than white itself.

In dealing with a very high room put nothing that attracts the eye above the level of about eight feet from the floor; let everything above be mere air and space, as it were. This will take off that look of dreariness that often besets tall rooms.

**TABLE-COVERS** should be embroidered or decorated only around the edges, not on the central surface which covers the table.

**ALL graining and varnishing of furniture** should be avoided; wax polish is the best dressing.



# The Cook and Housekeeper.

SATURDAY, MAY 14, 1887.

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G. PURKISS—Office, 286, STRAND, LONDON, W.C.



(ARRANGED ALPHABETICALLY.)

—10:—

**Bass, Baked.**—An eight-pound bass is a good-sized one for baking. Prepare a teacupful of bread crumbs grated fine. Season with butter, pepper, and salt (spices or herbs, too, if you like). Fill the breast of the fish, lay some thin slices of salt pork, whole pepper, cloves, and allspice in the pan; put in two spoonfuls of cold water, bake three-quarters of an hour basting frequently, when dished set the pan on the stove, and dust some browned flour into the gravy made while cooking. Chop the white of an hard boiled egg, and put it in your gravy boat; stir in a glass of sherry or port; as the gravy boils strain into the boat and serve hot.

**Buckwheat Cakes.**—Fill a quart measure more than half full of buckwheat flour, then add two large spoonfuls of corn meal and two of wheat flour, which should heap up the measure. Make these into a batter with half a gill of best yeast, a teaspoonful of salt, and half a pint of water, just before leaving the kitchen for the night, as no other batter turns sour so soon. For the same reason these favourite cakes are seldom seen between October and June. If the cook be careful there will be no need for soda or any other bread powder. If the cakes will not brown nicely add a tablespoonful of molasses. Fine buckwheat cakes should be half an inch thick, but so through lightness.

**Buckwheat Cakes** (a very nice but more expensive recipe).—Half a pint of buckwheat flour, a quarter of a pint of cornmeal, a quarter of a pint of wheat flour, a little salt, two eggs beaten very light, one quart of new milk made a little warm, and mixed with the eggs before the flour is put in, one tablespoonful of butter or sweet lard, two large tablespoonfuls of yeast. Set it to rise at night for the morning. If in the least sour, stir in before baking just enough soda to correct the acidity.

**Buckwheat Cakes** (Quickly Made).—To three pints of buckwheat made into a batter add one teaspoonful of super-carbonate of soda dissolved in water, one teaspoonful of tartaric acid dissolved in like manner. First apply the soda by sifting; stir the batter well, then put in the acid. The great advantage of this recipe is that it may be used when buckwheat cakes are called for in a hurry. Such hasty cakes may also be made satisfactorily with baking powder.

**Bullock's Heart.**—Take some crumbs of bread, chopped suet, or bit of butter, parsley chopped, sweet marjoram, lemon peel grated, pepper, salt, and nutmeg, with the yolk of an egg, mix them all well together, stuff the heart with it and send it to the oven. When done serve it up with gravy, melted butter, and currant jelly in boats. The same methods are to be used whether you bake or roast it, but if care be taken baking is the best way, as it will be more readily done than it can be by roasting.

**Butter and Flour Sauce.**—Mix a tablespoonful of butter and one of flour with a cup of cold water, stirring all the time. When this boils, take a quarter of a pound of fresh butter, if for a number of guests, and stir in the butter quickly, adding a cup of cold water by degrees to keep the butter from oiling; finish with the juice of a lemon, and strain. It must be served hot, and made only a few minutes before it is wanted. It gets oily if kept long. Add a spoonful of chopped parsley. Others add half a cup of chopped parsley scalded.

**Butter, Melted.**—"Place a gallipot," says Buckmaster, "in a saucepan of water, and put into the gallipot one ounce of fresh butter; when it is melted stir in gradually a gill of cream, with a little salt and a few drops of lemon. Let the water in the saucepan come gradually to a boil, and in five or six minutes it is ready. Constant stirring is necessary."

**Butter, To Refine.**—Melt fresh butter and let it simmer gently over a slow fire until it is clear, and the whey has fallen to the bottom; then take it off the fire and let it cool, so that the sediment may fall to the bottom, and mix with the scum. Skim and pour into pots for use.

## C.

**Cabbage.**—This vegetable, a favourite article of food with our outdoor workers, has fallen into disuse with the upper classes on account of the disagreeable odour it emits, permeating every corner of an ordinarily constructed house from garret to cellar. The best way to prevent this is to keep the vessel closely covered, when it boils to drop in a bit of red pepper pod and a pinch of soda, to allow it just time enough to cook and no more, and lastly for the cook to pour off the cabbage-water as soon as she lifts the cover and sends it to table. Wash the head nicely; one large head makes a good dish, and putting it on in boiling water slightly salted, after having cut it into quarters, and allow it forty minutes in which to cook over a brisk fire. Dressed as cauliflower with butter sauce it may be just as delicate. Most persons preferring it with some sort of salt meat. We give directions for cooking it in that way:—Having your ham or bacon ready for dinner, take out enough of the liquor in which it has been boiled to cover the cabbage, which had better be cooked in a separate stewpan, and treat it otherwise as if it were plain water; drain from the liquor, and having put your pound of meat in the centre of a large meat dish, put the cabbage all round. More elegantly, however, the cabbage is frequently sent to table separately in a covered vegetable dish, where it may be kept hot.

**Cabbages** are generally simply tied round and boiled. If you wish to stew them cut a cabbage into four, boil it a quarter of an hour with a piece of streaked bacon cut into bits with the rind on. Afterwards change into cold water and squeeze it well, and tie each quick, that it may keep its form. Then stew it with some stock, salt, and pepper, a bunch of parsley and green onions, cloves, a little nutmeg, two or three roots, and the meat you intend to serve with it. When both the meat and cabbage are done, wipe off the grease and dish it for table, the streaked bacon on it. The different parts of meat that cabbages are best boiled with are veal tendons, breast of beef, a bit of round of beef, pork chitlings, a shoulder of mutton, boned and tied into a round, or a trussed capon. Whatever meat the cabbage is stewed with should be previously boiled a few minutes in water, to take off the scum.

**Cabbage** (Plain Boiled).—Take off all the useless leaves and remove the stalk. You can then either halve or quarter the cabbage. Soak and wash, using salt and vinegar to draw out the insects. Drain carefully. Put them in a large saucepan of boiling water, with a fair quantity of salt and a little soda. Boil rapidly until tender. Never cover cabbages. Serve as soon as done. Time, according to size, from ten to fifteen or twenty minutes.

**Cabbage** (*à la bourgeoise*).—Take a whole cabbage, boil it during a quarter of an hour, and then shift into cold water; squeeze it, take care not to break the leaves, which you must take off one by one, spreading over each a little forcemeat made like that of stuffed duck. Cut the leaves together one over the other, that they may look as if the cabbage was entire; secure this with packthread and stew them *à la braise* in the same manner as neat's tongue, seasoning to your taste. When the cabbage is done, press it lightly in a linen cloth, to take off the fat; cut it in two and put in a dish, pouring over it a good callis.

**Cabbage** can be made a dish of in a similar way by cutting a large one up in small pieces. Put this into some fried butter with chopped onions, and fry, adding pepper, salt, and nutmeg. As it is so cheap and may be utilised in so many ways, we give a great variety of recipes.

**Cabbage Cake** is made by boiling a large cabbage quite tender. Chop it, and put it in a buttered pie-dish with scattered bread crumbs. Fill this with chopped cabbage an inch thick, some beef or mutton also chopped, then more cabbage until full. Some rashers of bacon can be put on the top. When cooked serve on a dish.

**Cabbage à la Crème** is a nice dish. Wash and boil the cabbage with a handful of salt; when soft take it out, squeeze it, and put it into a stewpan with some butter, salt, pepper, nutmeg, and a spoonful of flour, moistening with a little cream.

**Cabbage and Bacon.**—Boil some pickled pork until nearly done. Put some rashers in a pan and over this place the pork, having first cut up a large cabbage, and place this over the bacon. Simmer this until the cabbage is done.

**Cabbage** (*à la Flamande*).—Cut a cabbage into quarters, parboil, and then change into cold water; squeeze it, take out the heart, and tie it round; then stew it with a piece of butter, some good stock, seven or eight onions, a bunch of herbs, and a little salt and coarse pepper; when almost done put in some vinegar, and when the whole is sufficiently cooked take a crust of bread rather larger than the palm of your hand, fry it in butter and put in the bottom of the dish, upon which place the cabbages and sausages with the onions round, taking care that the fat be well dried off the whole; then skim the sauce, add a little culis to it, and serve it, neither too thick nor too thin, poured over the whole.

**Cabbage Salad.**—Boil a Savoy cabbage in water; drain and dress it as you would a salad, with salt, pepper, some Provence oil and vinegar, adding one or two anchovies and a few capers.

**Cabbage Jelly.**—Boil and drain a cabbage, then when chopped fine pass through a cullender, and mix with a little pepper, salt, and butter. Mould it, and bake.

**Cabbage à l'Allemaude.**—Take some Scotch kale, broccoli, young sprouts, or very small headed cabbages, and after blanching, cut them up rather small, and turn them a few times over the fire in a stewpan, with a sufficient quantity of melted butter or lard; when nearly done, moisten with a little gravy or jelly broth, and serve with bacon and sausages.

**Cabbage en Surprise.**—Take a whole cabbage, and having boiled it a quarter of an hour, put it into cold water, and squeeze it, taking care not to break the leaves; then carefully take out the heart and supply the place with parboiled chesnuts and sausages, replacing the leaves so as to conceal the stuffing.

**Cabbage** (French Way).—The French take cabbages—white ones by preference—cut them into quarters, wash them well, cast them, with salt, into boiling water; boil them for ten minutes, steep them for half an hour in cold water, press them and dry them well; tie them up, put them in a stewpan with a piece of bacon, previously blanched, a faggot of sweet herbs, an onion stuck with two cloves and pepper; cover them with broth, and so let them cook till they are tender, and thoroughly impregnated with the surrounding juices.

**Cabbage Soup** is much the same as the foregoing; but put in the stewpan, say, for each cabbage half a pound of bacon, a pound of gravy beef, with half a gallon of water, or even three-quarters; bring it to the boiling point, skim it, and then simmer it for three hours; finally cut up the cabbage and serve it in broth, keeping back the beef, the bacon, and the faggot.

**Cabbage Soup**, though not much thought of in this country, is still not without its merits. Some fried butter or dripping, and onions, added to pickled pork or bacon; simmer and skim; add cabbages, turnips, carrots, celery, throwing them into boiling water. When cooked, serve.

**Cabbage Soup.**—Take three nice white cabbages, wash, split, blanch, and throw into cold water; then cut the white leaves into pieces about an inch square, avoiding the stems as much as possible. Boil them in salt and water, with a bit of fresh butter as large as an egg. When tender drain them well in a sieve, and pour over two quarts of clear brown consommé well seasoned with black pepper. Serve with the crust of a French roll cut in pieces of the size of a halfpenny.

**Cabalou** was originally an American dish, but it has been well imitated in this country. Boil some spinach, with a slice of salt pork, in some stock; when the pork is well done, season



and serve it with the spinach and soup without any other preparation. Cayenne and rice may be added.

**Cabbage (Stuffed).**—Take out the hearts of some large cabbages, parboil them, and then stuff the centre of the cabbage between each leaf with the following stuffing:—Mince the white part of the poultry or game with some veal and bacon. If you have no poultry the veal is sufficient; thicken with the yolks of some eggs, tie up the cabbage that none of the stuffing may fall out, and boil it in some stock, with the saucepan lid on.

**Cabbage Pudding.**—Boil a fine head of cabbage, chop it fine, and season with butter, pepper, and salt; add any kind of fowl, cold meat that you may happen to have, and, mixing all together with a pint of bread-crumbs, bake in a dish until nearly brown.

**Cabbage Pudding.**—Take a nice head of cabbage, scoop out the middle, prepare a nice forcemeat made out of cold fowl, or fresh beef chopped up fine; season highly with cold butter, pepper, and salt; chop six hard boiled eggs fine with the forcemeat; fill the cavity in the cabbage with this mixture, place a leaf of the cabbage over the whole to keep the meat in; tie it up in a cloth, and boil it, serving it up with melted butter sauce.

**Cabbage, Red, Pickled.**—Remove the outer leaves and slice it across very thin into a cullender, sprinkling it with salt as you proceed. After letting it drain for two days, put into store jars; boil a sufficient quantity of vinegar, with black peppercorns and ginger. When cool pour over the cabbage. Some persons make it with unboiled vinegar, but we do not think the flavour so good. Beetroot cut in slices will make the colour brighter.

**Cabinet Pudding Iced.**—Have ready prepared and rather stale a sponge cake, which cut into slices half an inch thick, and rather smaller than the mould you intend making the pudding in; soak them well with nroyeau brandy; then lay some dry preserved cherries at the bottom of the mould, with a few white ratafias; lay one of the slices over, and then more cherries and ratafias, proceeding thus until the mould is three-parts full; have ready a quart of custard, omitting half the usual quantity of isinglass; pour it luke-warm into your mould, which close hermetically, and bury it in ice and salt, where let it remain at least three hours; when ready to serve dip it in luke-warm water, and turn it out upon your dish. You have made about half a pint of custard, which keep upon ice; pour over the pudding when ready to serve, and sprinkle a few chopped pistachios over.

**Cake (Never-failing Cake).**—Three-quarters of a pound of butter, one pound of sugar, one pound of flour, eight eggs. Beat the butter and sugar together, and add a handful of flour and two eggs, then another handful of flour and two eggs, and so on until all the ingredients are mixed together. Flavour as you like. Beat well each time, and bake in a one pound mould.

**Cake, Leavened Fruit.**—To one pound and a half of flour put one gill of yeast, six eggs, and a pound of butter, one pound and a quarter of good loaf sugar, and one gill of brandy, three teaspoonsful of mace and nutmeg mixed, one pound of raisins or currants, half a pint cup of cream. Let half the materials be set to rise with the quantity of yeast named, and when well risen the other half added. Give it ample rise, and when well swollen put in the second half of the materials and give it another good rise. It will require a part of two days to complete the whole process, but it rewards the cook by being a cake of particularly nice flavour.

**Cake, Pound.**—Beat the yolks and whites of twelve eggs separately, have ready, weighed and sifted, one pound of finest flour, cream one pound of butter; now put this cream butter into a large bowl or tray, and beat into it alternately flour, sugar, and eggs, until all the materials are used up; use only the froth of the white of eggs; if any clear settles in the bottom of the dish, either whip it up again or leave it out if there is but a little of it. Line the bottom of your mould with thin white paper greased.

**Cake, Lady.**—One pound of flour, one pound of sugar, half a pound of butter, whites of eleven eggs, a teaspoonful of soda, two of cream of tartar, nearly half a pint of sweet milk; cream the butter and add the sugar to it, beating diligently; sift the cream of tartar into the flour so that it will diffuse itself throughout the mass;

add the soda to the milk last of all; season with a teaspoonful of extract of bitter almonds, and put to bake without delay.

**Cake, Almond Cheese.**—Some of the old cookery books contain some excellent recipes, many exactly the same as modern ones. We find in Smith's "Complete Housewife" how to make almond cheese cakes. Take a good handful or more of almonds, blanch them and throw them into cold water; pound them fine, and in the pounding put a little sack or orange flower water to keep them from oiling; then put to your almonds the yolks of two hard eggs and beat them together. Beat the yolks of six eggs, the whites of three, and mix with your almonds, and half a pound of butter melted, and sugar to your taste. Mix all well together, "and use it as other cheese cake stuff." The same writer tells us to take a pound of Jordan almonds, do not blanch them, or but one-half; beat the white of an egg very well, and pour it on the almonds, and wet them all over; then take a pound of double refined sugar and boil it to sugar again, and put your almonds in, until as much sugar hangs on them as will; then set them on plates, and put them into the oven when the bread is drawn, and let them stay all night. They will keep the year round if kept dry.

**Cake, Albert.** is made with eggs, sugar, and chopped almonds. Ten yolks, two whites are beat up with ten ounces of sugar and six ounces of almonds. Five or six ounces of flour should be whipped up with the other whites, a moderate quantity of candied orange peel, a little cinnamon powder, some ground cloves and a little grated lemon peel. Mix altogether and pour into a mould, then bake in a moderate oven for an hour.

**Cakes, Rice.**—Take a pint of rice that has been boiled soft, add to it a teacup of flour, two eggs well beaten, a pinch of salt, and enough milk to make a nice thick batter; throw into the batter a teaspoonful of melted butter or lard, and bake in a hot griddle.

**Cake, Rich Plum.**—Put a pound and a half of butter into a good-sized bowl, and beat it to a cream with the hand. The whites of eight eggs whisked to a froth must be mixed with it, and then the yolks well beaten, and add a dessert-spoonful of salt, a pound of pounded sugar, a pound and a half of flour, two pounds of currants washed, picked, and dried, eight ounces each of candied lemon and citron cut into narrow strips, half an ounce of mixed spices consisting of nutmeg.

**Cake, Sponge.**—Weigh two pounds of sugar, balance it with an equal quantity of eggs in the shell; weigh one pound and two ounces of flour, and flavour highly with lemon. To be mixed in this way:—Sift the flour and sugar, mix the eggs separately till as light as possible; then beat the sugar well with the yolks; then add to them the whites, and cream in the flour gradually without further beating; lastly, grate in all the rind from two lemons, and squeeze in the juice; lay a greased paper over the bottom of your mould or pan, seeing that it be well fitted.

**Cake, Tea.**—Two teaspoonsful of sugar, one teacupful of butter, one teacupful and a half of milk, and two eggs; dissolve half a teaspoonful of soda in the milk, and mix enough flour with these ingredients to make a paste that will roll handily; cut out with a biscuit cutter and bake.

**Cake, Tea.**—Three pints of flour in which baking powder has been incorporated in the regular proportion, three teacupful of sugar, a piece of butter the size of an egg, and one nutmeg; make up with milk or water, as you find convenient; roll them round, and cut into round or fancy shapes. If you prefer you can use butter milk and a teaspoonful of soda instead of yeast flour.

**Cake (a Good but Cheap Cake).**—Three cups of sugar, three eggs, three cups of sifted flour, one cup of sour cream, one small teaspoonful of soda. Add the cream and soda last. The batter will be uncommonly stiff. Half fill cups with it and bake in a quick oven. Flavour with what you like.

**Cake, Preston Ginger.**—One quart of flour, four ounces of butter, one tablespoonful of ginger, one spoonful of sugar, half a nutmeg; mix into a moderately stiff paste with a pint of molasses; roll out thin; cut into fancy shapes, and bake in a quick oven.

**Calf's Feet Salad.**—Wash and carefully dress two calf's feet, tie them in muslin sepa-

ately; put them in boiling water with a little salt and a wineglassful of vinegar; when done and cool, remove muslin and all bone, cut the meat into neat pieces; put them into a salad bowl with a head or two of Roman lettuce; add a mild sauce, vinaigrette, garnish appropriately, and serve.

**Calf's Head Salad.**—Cut up the tongue and one cheek of a cold boiled calf's head into two neat but not very small pieces; put it into a marinade for thirty minutes, and then drain; cut a boiled carrot, one boiled beet, and two potatoes into dice; chop fine half a bunch of cress, mix the vegetables together with what is left of the marinade; put the meat in the centre of the dish with a macédoine of vegetables in a border round it, two tablespoonsful of thick mayonnaise with a little tarragon vinegar; pour over the salad, and serve. A little chicory may be added if it can be obtained.

**Calf's Head, Plain.**—Have a calf's head with the skin on it; see that there are no remains of hair. Cut the skin in two, and saw the head down to the tongue; then force it open, take out the brains and the eyes, put the brains in cold water, in which they must be several times washed. Well wash the head also in cold water, after which put it on the fire in cold water; as soon as it boils skim it; take out the head and throw it into cold water. If you think proper you may cut off the ears for made dishes. Cut away as much as you can from the forepart of the jaw-bones and nostril bones, without injuring the skin. Cut a pound of beef suet and a pound of fat bacon in dice, half a pound of butter, the juice of a lemon, salt, pepper, a couple of onions stuck with two cloves, parsley, thyme, bay leaves, allspice, a blade of mace; add water sufficient to cover the head. Put the head in on a slice without any cloth around it, as that must confine the scum arising from it. In about three hours it will be done. Take out the tongue, which skin, split, and serve it on the brains, which prepare as follows:—Pour off the cold and cover them with boiling water; skim them; put them in a stewpan with cold water, a little vinegar and salt, let them boil, and skim well. In a quarter of an hour cut the brains into a dice, and put them in a little melted butter, with blanched parsley and salt. Some use sage leaves, and add lemon juice. These brains, with the tongue, are sent to the side table. Serve the calf's head with parsley butter. If the skin were off, you would put this sauce over the head.

(To be Continued.)

## THE TWO MEAL SYSTEM.

—O:—

I AM a believer in two meals a day. In my opinion the great majority of persons would be in better health, better in wealth, and better in their spiritual relations to the sources of all power if they ate but twice during the twenty-four hours. At least one-half of all the diseases to which flesh is heir originate directly or indirectly in bad habits of eating or drinking.

From the age of eleven years up to the present time, and I am now forty-four, with the exception of a few short intervals, I have lived upon two meals a day, and am to-day a fair illustration of this theory and practice.

I was not born of very strong parents. My father was a sick man, given up by the best physicians of this country to die before I was born and my mother was a feeble woman who never weighed one hundred pounds in her life, early broken down by hard work and the deprivations incident to pioneer life. So that organically I had not a favourable start. I was a scrofulous child, and still bear upon my body the marks of early scrofulous ulcers and sores. Notwithstanding all this I am to-day hearty and healthy, demonstrating in my own case the value of the hygienic methods which I urge upon your consideration. I do not say that my health is superior to that of many others who have eaten three meals a day, but I do claim that I am in much better condition healthwise than the majority of men who have lived regardless of hygiene, who started in life with no more vital power than did I. I do as much work, perhaps, and am subjected to as great mental strain, as most men of my age. I am active and strong, weighing about one hundred and fifty-five pounds—a fair weight for a man five feet five and one-half inches in height. I often refer to my stomach as being as strong



and sound as a cast-iron pot, for I know very little, if anything, about indigestion or disturbances of nutrition, and can always trace any slight derangement to the violation of a given law.

Both my father and my mother and all the members of our family have lived for the past thirty years virtually on two meals a day. My wife is even a better example than myself of the value of simple living, and so thoroughly convinced was I that the two meal system is an important factor in the development and preservation of health, that I was more than willing to adopt it in my son's case at an early age. When he was eighteen months old he began to live on two meals a day—baked apples, oatmeal and wheat-meal pudding, graham crackers and milk, a little potato, and later on other vegetables, constituted his diet, and he has lived ever since, when at home, upon two meals a day. Now, at eighteen years of age, he is six feet in height, weighs one hundred and sixty pounds, is strong and muscular.

The physicians of an institution, who are also its proprietors, do all their hard work upon two meals a day, and neither ask nor require more. This institution was founded in 1858, and the rule of two meals a day has been, since that time, one of its fundamental principles, though certain persons and patients from the first have eaten three meals a day.

REFORMER.

## THE FISH SUPPLY.

(FROM OUR GRIMSBY CORRESPONDENT.)

Wednesday, April 27.

LARGER supplies of fish are now being placed in the market, although mackerel begin to show a slight falling-off. Brills will be out of season within a month, but they are still very cheap, the ruling prices being 2s. to 3s. each. This is now the worst time for cod-fish from a gastronomical point of view, which in some measure accounts for the low prices quoted for them. Halibut are also procurable at reduced rates, but their season is about over. Plaice are coming in again, and are in moderate supply. Haddocks are out of season, and will remain so for another month yet; but the market is nearly glutted with them, and they are selling at extraordinarily low prices. Whittings, which come in at the same time, are scarce and dear. Skate, ling, and hake, all out of season, are yet being caught in fairly good quantity, and the demand not being very strong in the inland markets causes low prices to rule. Conger eels, now that their season is farther advanced, are much cheaper than I have hitherto been able to record, the prices ranging from 2s. to 3s. Dabs are now at their best, and are very plentiful and cheap. Soles are rapidly improving in quality, and are making from £6 to £7 per box. Turbot are just coming into season again; they are not dear, 8s. being the highest quotation. Most shell fish, with the exception of oysters and mussels, remain in season during the present month, and are cheap and plentiful.

Wednesday, May 4.

THIS is the early season for salmon here, and some fine fish are being brought and sold at 1s. to 1s. 5d. per pound. Lobsters have also just come in, and are yet scarce and expensive. The supply of mackerel is very limited, and the few caught sell at high prices; they will probably be much more plentiful in a few weeks' time. The season for soles and lemon soles has recommenced, but they are yet scarce and dear. Turbot came in with this month, and are now comparatively cheap, 4s. to 10s. each being the ruling rates. Brills will soon be out of season; the prices, however, are just at present low, as good fish can be obtained for 2s. 6d. or 3s. each. The season for halibut is on the point of closing, and prices are rising; 6s. to 9s. per stone for live, and 4s. to 7s. for dead, are already reached. Whitches, plaice, and haddocks, all just coming in, are plentiful and cheap, as are also whittings, now out of season. The "Royal sturgeon" occasionally makes his appearance, and the price of £2 to £3 is set upon his head. Cod, skate, ling, coal-fish, and hake are all out of season, but are still being caught in fairly large quantities and retailed at low rates. Crabs are approaching their best edible period, and now make from 3s. to 4s. per score. There are fewer fish in season at this time than at any other part of the year.

## Fireside Novelettes.

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### A MASTER-STROKE OF BUSINESS.

—:O:—

I.

THE Long Branch season was at its height when Esmond Drury strayed there for a month's excitement. The drives were crowded with splendid equipages, and the huge hotels overflowed with people. But where Esmond Drury looked for excitement he found worse than loneliness. Where all the ladies talked of fashion and all the men of stocks, there was nothing for him but boredom. His dreamy, poetic temperament, as his father called it, could not live in such a turmoil of pleasure-seekers. Two days had been enough for him. He packed his trunk on the afternoon of the second, and asked when the next train would leave for New York. At 5.07. It was then just two. Could he exist three hours longer in that place? He paid his bill, ordered his trunk down from room No. 42, and ordered a seat in the omnibus for him at 5.07. In the meantime, he would take a walk among the cottages. No. The sun was hot and the white sand of the road glared with the heat. He would look in at the Ocean Hotel. No, nor that. It was a long walk to that immense caravansary, where the turmoil was even worse than here, and he'd remain on the piazza of the West End. Then he strolled into the summer-house, and watched a few dripping, drizzly, uncomfortable bathers. The surf was rolling high, and seemed so cool and inviting in the hot August sun that he thought he'd bathe. No, it was too much trouble. He smoked.

Two trim figures, in trim blue bathing-suits, ran hand-in-hand down the shining sands, and plunged into the rolling surf—the trimmest, tidiest figures he had ever seen; two young girls they were. Usually women looked so wretchedly damp and misshapen in bathing-suits. These were wonderful exceptions, and Esmond Drury felt a very perceptible spark of interest. He thought he'd watch them. They plunged boldly out to meet the battling breakers, and disdained the heavy buoy-rope to which most of their sex clung, limiting their bath usually to two feet of water and ankle-deep of sand. These tidy bathers absolutely dived under the heavy surges, and swam outwards, even turning on their backs and swimming that way, and venturing in their boldness to wrestle one another in the waves. Esmond Drury suddenly found his cigar unlighted and himself at the bath-keeper's, bargaining for an extra-handsome bathing-costume.

"Not an old woollen concern half worn away," said he. "Give me something that does not dissipate all semblance of the human form."

The old man who acted as bath-keeper was slow of speech and disposed to reminiscences.

"I hain't any very becoming, that I must say," said he, sententiously. "You can't make bathing-suits to fit. It ain't in Nature—"

"Oh, come," said Esmond, impatiently; "what has Nature to do with it?"

"The intention of bathing suits, I think, is to be loose. I remember when old Jedge Magruder, of Boontown, used to bathe here, he always said that no man or woman could afford to have a bathin'-suit that fitted. Be you from New York?"

"Yes, yes?" If the old man did not hurry up, those beautiful bathers would be out of the water before Esmond got in. And what if they were? Surely he did not propose to go in simply because they were there. Then, on sober, second thought, he concluded that he would not care to go in if they were not there. Why?—he gave that up.

"Then you likely didn't know Jedge Magruder? A funny thing he said to me once. 'Why,' says he, when these 'ere new special bathing-suits came in fashion, says he, 'there's no use putting on airs in a bathing-suit. You can't tell an Eve from a Medusey in 'em, and there's no use trying.'"

Esmond suddenly glanced at the bathers again. Far out in the sea were two white faces, rising and falling with the swelling waves. They were his Eves. The Medusas

still clung to the buoy-rope. The judge was wrong. There was an immense difference. He finally got his bathing-suit, and in five minutes was buffeting the waves with the rest. With long, easy strokes he left the shallows, and sought the deep-green fields where the two Eves disported. Beyond the wall of waves which intervened between them and him, he could occasionally hear their merry laughter. Then he heard in the midst of this merry laughter a low, breathless cry—

"Nora, what's the matter?"

He instinctively quickened his stroke.

"Nora! Good Heavens! Nora?" Then a sudden shriek, half stifled by the splash of the waves. Then—

"Help!"

Esmond rose upon another outgoing wave, and from this height could see the trim bathers, whom he had noticed from the shore, seemingly battling with each other. The face of one wore a terribly pale and frightened look, over which the unrelenting waves broke with every surf, while her arms weakly sought to clutch the form of the other. That other's face wore a look of such sharp anguish that Esmond's heart was lacerated even in that dreadful moment at sight of it. Her two hands were desperately seeking to sustain the sinking figure at her side, and desperately beating the remorseless waves.

"Help!"

Not a soul on shore moved. The sound could not be heard above the roaring waters and the adverse winds. The laughter and coarse jesting of the bathers at the buoy-rope were borne back on the breeze as if in mockery of their despair and danger.

Esmond mounted another wave, and was within arm's length of his Eves.

He caught the drowning girl by the arm.

"Courage," he whispered. "The sea is buoyant. Only your fear drags you down. Let me help you. Keep your arms down and I will lead you to safety."

But the head of the struggling girl had fallen on her breast, and she was unconscious. The other was still desperately beating the waves.

"Slowly and steadily," he said to her. "Don't exhaust your strength. Nora is safe."

She heard and obeyed. She conquered her terror. Soon she was pulling long, leisurely strokes shoreward with all the ease that she had first exhibited. She looked back occasionally to see that all was going well. And thus the three made their way toward the shore and safety.

Soon they were in shallow water, and a group of more discreet bathers were splashing water about them, unconscious of any scene of peril so recently imminent. Consciousness was returning to the rescued girl, and as she finally stood on her feet, and reached forth her hand to her sister, Esmond, with a sudden impulse, plunged again into the sea and was soon buffeting once more the outer breakers. An occasional glance towards the beach showed him the two trim figures, one leaning on the other, slowly taking their way, seemingly unnoticed, among the crowd of bath-seekers, and presently disappearing in the shabby row of bath-houses. Then Esmond leisurely buffeted his way to shore again, and soon resumed his ordinary dress.

During all this time, peculiar thoughts had stirred Esmond's soul. Here was the germ of a pleasant and exciting romance with which to enliven his stay at Long Branch. It did not fall in the way of many young men to rescue a lovely damsel from drowning, and it was not likely that such an event would go without its sequel. And in that sequel were gratitude, love-making, and love (two essentially different things, by the way), and a delicious season of courtship, ending presumably in a happy marriage, in accordance with the precedent in all orthodox romances. She was lovely. He had seen enough to be sure of that. Her face, as he had seen it for the few moments that her head rested on his shoulder, although under circumstances rather inopportune for observing beauty—her face was unusually lovely. True, her mouth was tightly closed, so that he could not define its outlines, and her eyes were shut, so that he had really been unable to see the soul of her beauty; but her face was plainly of a soft, oval shape, with a white, almost bluish-white, complexion, owing, probably, to her uncom-



fortable immersion; her forehead was low and well-shaped, her nose was archly chiselled, while her dark hair clustered in long, heavy masses far down her back. She was, undoubtedly, very handsome even without her eyes and teeth—so to speak—and Esmond's interested soul scorned any suggestion that these undoubted essentials to a perfect beauty would not prove to correspond with the rest of the face. She was also *petite*—he had noticed the slight, trim form as she had tripped so lightly to the bath, and by the same light he had discovered what high, arched, and handsome feet she had. Upon these observations, Esmond Drury, impressed with the necessity of pursuing his romance to the end, built himself an image of girlish beauty, which he expected at any moment to encounter on Ocean Avenue, on the piazza, the supper-room of the hotel, or the ball-room. With that expectation already fully developed in his mind he seated himself in the summer-house again, lit a fresh cigar, and tranquilly prepared to welcome his lady-love at her first approach.

As Esmond ruminated with every new thought of the lovely unknown whom he had rescued from the sea, a deeper interest in her seized upon him, and those emotions which are said to lead to love sensibly assailed him. Pity for the terrible danger that almost overwhelmed her was succeeded by an intense sorrow for the terror that must have seized upon her when she found herself hopelessly in old Ocean's grasp, and this was succeeded in turn by that sentiment akin to paternal love, which one feels for something lying helpless in his arms—something whose life has depended on his strength, whose closed eyes have opened again only at his bidding, whose pale-blue lips have regained the ruddy colour of life and hope at his will. There seemed to him to be here an ineradicable bond binding the unknown Nora for ever to himself—a bond which could not be sundered by any after-act, whether he ever or never met his Nora again. And with this romantic bond arose a sense of loyalty to his unknown that seemed to bind him in return.

## II.

As Esmond arrived at these romantic conclusions, he discovered that his cigar was out. The Drive was full and gay, as usual of the late afternoons, and the sun in the west was already casting a long, black streak of shadow up the beach. Two young ladies, richly dressed, both fair and tall, one slightly taller than the other, were painfully toiling up the wooden staircase from the beach. The smaller one stopped at the top to help the other up. The latter looked pale and wearied. Esmond remained seated in his summer-house as they slowly went by.

"Never again, Nelly, dear," said the younger, passionately pressing the hand of the other. "It was too terrible!"

"What would papa think!" said the other, in a low voice. "We dare not tell him, Mamie."

"We won't tell him. It was too terrible!"

"No, no; Not for the world."

"O Nelly, Nelly—"

The rest was lost to Esmond's somewhat inattentive ears, and the two passed by, and glided gracefully across the lawn to the hotel.

Esmond gazed after them involuntarily.

"That taller one, now!" he thought—"what a handsome mien she has! I wonder who she is? But I forget. I must think of nobody but my own unknown Nora. It is due to—well, it's due to romance that I should be loyal to Nora. Let me see, by the way, if there are any Noras at the hotel register. A happy suggestion!"

He crossed the lawn to the hotel, entered the large room where the clerk's desk stood, turned over the register for several days back, and looked for Noras. It was evidently a scant time for Noras, for there was not one on the list. Nearly all the ladies were Mrs. or Miss, and had no Christian name visible.

"She's an elder daughter, doubtless," whispered Hope to the young man.

It was now half-past five o'clock. He must prepare for dinner.

"Give me the key to room 42," said he to the clerk.

That individual had just completed the test of a diamond ring on his finger by looking at it in a dark niche formed by the hollow of his hand; but, in reply to Esmond's polite request,

he raised his head, and bent one ear inquiringly toward the guest.

"The key to 42, if you please."

A passing acquaintance at a distance attracted the attention of the gentlemanly clerk at that moment, and he made a languid bow over Esmond's shoulder, and wearily showed his white teeth in smiling recognition.

"52?" he inquired.

"42," responded Esmond.

The languid gentleman ran his eyes lazily over the key-rack.

"In the door," he said.

"42 in the door?" said Esmond, sharply. "I left it here."

"It's in the door," repeated the gentleman with the slight animation of astonishment in his gaze, as he wonderingly viewed this rebellious guest. Esmond turned away half angrily, and went upstairs.

"What the deuce can anyone be doing in my room?" he thought. "Chambermaids, probably, cleaning up."

The key was in the door. He turned the knob and entered. Two steps from the door he stopped. These were *not* chambermaids cleaning up.

The room was a large one facing the sea, and the western sunlight, slanting in at the open windows, softly lit up the scene before him; two women, one kneeling by the Turkish chair on which the other sat, her hands clasped, her face upraised, her lips trembling, her hair dishevelled; the other, with her arm about the kneeling girl's neck, and her head bent down until her lips touched the kneeling girl's cheek; a crushed sea-side hat near them, a rumpled newspaper, a shawl thrown idly on a footstool, a parasol lying on the floor. No wonder that Esmond stopped, and the angry frown on his face gave way to an expression of unqualified amazement. He was about retreating when the kneeling girl sprang to her feet.

"Nelly!" she said.

The other raised her head, and saw with wonder this unexpected intruder. She rose majestically to her full height at once, and made one step toward him.

"What do you want, sir?" she said, with a voice in which there was but the faintest tremor.

"Nothing whatever, ladies," replied Esmond, with a bow, and taking off his hat; "but this is my room."

"Your room? Impossible!" replied the young lady. "You have mistaken the number."

Esmond glanced quickly at the door. No. 42 was there as plain as day.

"I beg your pardon, ladies, but I am not mistaken. This is my number."

The young lady suddenly clasped her hand to her breast.

"Can we possibly have made a mistake?"

"I fear so," replied Esmond, as pleasantly as possible. "This is No. 42. Probably your number sounds similarly."

"Exactly like it," said the young lady, resuming her dignity again. "Our room is No. 42."

"Ladies," said Esmond, "I will leave the room to you, as mistakes often occur. But I cannot consent that I should labour under the odium of having intruded here. I *know* that it is my room. I left it three hours ago merely to bathe. But I cheerfully give it now to you, with the simple request that you ring the bell, and have the servant inquire for you at the office if room No. 42 is not occupied by Mr. Drury. When the answer comes you will see that it is you who have made the mistake, not I; and I hope you will remember at that moment that the mistake, which I fear has been very annoying to you, is not at all so to me. Pray, ring the bell."

And with that Mr. Drury bowed himself out, taking another good look at the number on the door as he went, and descended to the clerk's desk again. And, as he went, he had thought for further rumination. The two girls in room No. 42 were the same who had passed by him in the summer-house, and the one who had replied to him in the room was the tall one, whose figure he had involuntarily noticed there. Strange that he should thus meet these two girls twice within two hours! If they were only the true Nora and her sister, he could understand it. Then it would be Romance and Poetic Justice advancing his suit. But neither of them would answer for Nora. They were

both too tall to begin with, and they were both fair with light hair. Of two things he was sure: Nora's hair was dark—say, a dark brown—and Nora was not tall. Then, besides, he had heard these young ladies call each other Nelly and Mamie, and he could not see that either Nelly or Mamie could be Nora.

He was in a somewhat abstracted mood, with all these thoughts crowding him, when he reached the clerk's desk. The same languid gentleman waited behind it, as steadily inert and lifeless as before. Esmond felt a sort of malicious pleasure in compelling this artistic individual to exert himself a little.

"A mistake has occurred, sir," said Esmond.

The lay figure bent its pink eyes wonderingly on him.

"You have put two ladies in a room which belongs to me."

The lay figure slowly shook his head.

"Please look on your register and see who occupies room No. 42."

The languid gentleman glanced absently up and down the oblong board, covered with slips of paper, usually seen in hotel offices, and said, languidly:

"Two Misses Darcy."

"What!" cried Esmond.

The lay figure calmly reverted to the pleasing duty of cleaning his nails, and cast a half-glance of wondering disdain at this disregard of majesty.

"Do you mean to tell me," said Esmond, quite angrily, "that you have vacated my room and given it to someone else without a word to me?"

The languid gentleman positively opened his eyes at this astonishing statement. He closed his penknife, and brushed an atom from his shirt-bosom.

"Name?" said he.

"Drury. I have occupied room 42 for two days."

The clerk looked through a huge ledger, as large as himself, ran his finger down the index, hurried over to the letter D, and closed the book with a clap like thunder.

"You vacated the room, Mr. Drury, and went off on the 5.07 train."

(To be Continued.)

## HEALTHY AND COMFORTABLE HOMES.

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### CHAPTER IV.

In bedrooms, at least 500 cubic feet of space should be allowed to each occupant, always in addition to the amount of room which is taken up by articles of furniture of greater or less dimensions. The kitchen should, on many grounds, have large internal area given to it, and, when land is not of very high value, it would be well, as we have said, to build it away from the house, connected only by a cross-ventilated passage or corridor, and if it could be constructed without bedrooms over it, it could be admirably ventilated from the ceiling.

Many experiments have been made to decide how much fresh air should be supplied per head per hour to prevent the accumulation of any undue percentage of carbonic acid gas, and without going into close detail it may be stated that about 3000 cubic feet of fresh air seems, both from experience and mathematical calculation, to be required.

All this should be taken into consideration in the size of the rooms and the appliances for admitting and letting out air. In other words, there must be sufficient initial space at first allowed for, so that the necessary interchange of outer and inner air may go on without unpleasantly perceptible currents or draughts.

This has been fixed at about 600 cubic feet to each person—in other words, a space must be allotted to each resident in any occupied room of 10 feet long, 10 feet high, and 6 feet wide, whether that room be devoted to the necessities of daily living or of sleeping. This is the cubic space allowed by barrack commissioners for the supply of each soldier.

But there can be no doubt that a space of not less than 1000 cubic feet should be given to each person where only ordinary means of ventilation are deemed necessary.

There is often an objection to the employment of rooms on the ground floor as bedrooms, well



founded if the residence be in a low-lying and possibly malaric district, and if there be much local crowding of habitations, as in many towns; but this objection does not hold good with the same force if the house be solitary or nearly so, well placed as regards elevation, and provided with cellars, or, at least, with a thoroughly impermeable basis of concrete.

The space per head noted above as desirable should not be diminished much in everyday life; at least a cubic space of 400 cubic feet should be afforded to each person and, in other words, in the case of a sitting-room, the height should be not less than 8 feet, and the floor space should be provided by a square of 15 feet long by 15 feet square. These dimensions will give  $15 \times 15 \times 8$ —that is, 1800 cubic feet, a minimum allowance for five persons constantly occupying the same apartment. If a smaller area for any reason be decided on, it will be difficult to prevent the continual discomfort of draughts, and in practice it will be desirable always to secure the initial space just mentioned.

Curtains should be hung a little distance from the architraves of the windows, and they should be reduced to the smallest amount required to keep out direct air currents, and hide unseemly window fittings.

Walls should be painted in preference to the covering them with papers; woodwork should generally be treated with varnish. This, however, does not preclude the resorting beneath the varnish to any kind of painting, stenciling, or other colour decorations. In kitchens and offices the ceilings should be frequently lime washed, and their walls, if not painted, are most wisely coloured with tints, which should at least have an annual renewal.

For several reasons the coating of varnish on woodwork and on papered walls should be constantly practised. The ordinary cleansing is then more simple and easily managed.

#### VENTILATORS.

The most simple way of obtaining ventilation is to utilise the motion of the air in the room, by the action of the ordinary currents of the atmosphere. What a room requires for proper ventilation is an opening near the ceiling, though which the foul air can pass, and another below it, through which fresh can enter. An open sash window top and bottom is most certainly the simplest exponent of this system; the air at once goes out, and comes in freely. Where the room is not properly ventilated, and where there is a fireplace, there should be means provided so that the upper and lower sash shall not come together too closely; some cut a slit in the lower bar of the upper sash. A clear space of a quarter of an inch along the whole length will do no harm, while a bit of wood may be placed below the lower sash.

Panes of glass with holes in them make excellent ventilation, especially if another pane of glass be placed in front. The old system in cottages of a tin whirling inserted instead of a pane is not a bad one. This admits air, and keeps that within in motion.

But it is the general verdict of sanitation reformers that all window ventilation is a mistake; it is advised by Dr. Galton that where a room has two outward walls, there should be orifices made in both, and whichever side the wind blew the air would come in and chase out the tainted air on the other side. Sir Joshua Webb utilised this wind pressure in barracks by placing hollow beams across the rooms, which communicated with the outer air at each end and with the room inside.

Others put an air brick or box in the ceiling of the room with direct communication to the open air. A valve carries the inner flowing air towards the ceiling. The inside area is made somewhat larger than the outside area, the latter being closed with a grating. Vertical tubes are used to promote the inlet of air; in this case the outer air comes in near the floor, the tube carrying it off upwards. The columns which support the galleries of public halls and churches are often made into convenient tubes, the inlet being on the capital.

A system of this description has been, it is said by Dr. Galton, in use in the British Museum for twenty years; the fresh air is introduced by a vertical inlet placed between rows of opposite desks, and is admitted at a height above the heads of the readers.

Theoretically, it is said, the propulsion of air

into a room would compel all the foul air to go out through the cracks of windows and doors, without any special apertures being provided. In practice, however, it has been found, in the ventilation of hospital wards, that the system of propulsion—i.e., forcing the fresh air into the room, and allowing the vitiated to find its way out—has not been a very successful method, as much of the vitiated air will remain in dead angles and corners. This system of propulsion may, however, be used with shafts or valves.

Large rooms, in addition to the advantage afforded of enabling air to be changed with greater comfort than small rooms, also offer the advantage of a large wall surface, more windows, and more natural ventilation. In proportion to their size, they will have less impurity than small rooms. Carbonic acid is in general uniformly diffused in a room; still, organic emanations do not practically diffuse themselves rapidly or uniformly. If there are obstructions to the flow of air, they hang about in corners or mix in the air of the room. Even if the room is lofty, it is of no use unless there are means of carrying off the heated air from the upper part. If this is not the case, the impurities cool down, and, falling, mix with the impurities of the room.

Of course, the air of a room is best renewed by means of open windows and doors, when so placed as to produce a draught. When the weather permits, there is nothing like open windows; but then windows cannot always be kept open. It is necessary in cold climates to close the windows to keep the room warm. Windows, moreover, are so placed as to meet the requirements of light, and do not on this account always occupy a good position for the free admission of air.

Be careful to get your air from places where there are no near sources of impurity—gully-gratings, open drains, &c. The inlets from the outside should be quite two feet from the ground, and the surface near should be paved and sloped, in order to carry off wet rapidly. The impurities of town air are very much diminished at 200 yards' height, and are not found above 600 yards in height. A London fog will rarely be perceptible at a height of above 100 yards.

When there is a central staircase in a house, and the temperature of the house be greater than that of the outside air, the staircase turns into a powerful shaft in which the air moves up rapidly. It is more powerful than the chimney flue, and consequently draws air down the chimneys, and thus causes smoky chimneys. For this reason it is necessary not only to supply the staircase with fresh air, but to make every room dependent on itself for its supply of fresh air.

#### FIREPLACES.

The advantage of an open fireplace, highly appreciated in England, if not in America and Germany, is that it warms the atmosphere of a room by in the first instance warming the walls—in fact, every part of the room. The outlet shaft of the open fireplace is the simplest form of ventilation, as it draws out the air from the room with great rapidity, and promotes ventilation; the body is warmed, but the chief part of the air remains cool.

A very small quantity of coal would suffice for a badly ventilated room, but the better the room is aired the more fuel is required. The more air is admitted the quicker the fuel will burn. The air comes into the room cold; as soon as it is heated it hurries up the chimney, and is replaced by more cold air.

It is clear, then, that the open fireplace is the best for health; not only is it the best for health in this way, but even when not used promotes sanitation. For sleeping-rooms in cottages the safest plan is to make the room as near ten feet high as possible, with sash windows carried nearly up to the ceiling, and every room should have a fireplace, for although it may not be used often it will ensure some degree of ventilation.

It has been well said that in cottages as in the dwellings of artisans in towns, it seems remarkable that gas is not oftener utilised. It would almost seem as if at present the arrangements by which gas can be made use of are a little beyond the intelligence of the age; but if carefully managed gas is cheap, but it is most

expensive if it is allowed to burn when not wanted. It is far less troublesome and dirty than coal, is always ready, requires little attention, and can be discontinued when not wanted; but if allowed to burn after it has done its work it becomes expensive.

#### GAS AND CANDLES.

It is incontrovertible that nothing as yet has been produced so suitable to shops, factories, warehouses, theatres, and public buildings and places generally as gas; still it is certain that for private houses its use had better be limited to halls, staircases, and kitchens. Sanitation has proved that its use in bedrooms is unwise, as it consumes by far too much oxygen; if, therefore, it be lighted before the occupants retire, they will find the atmosphere vitiated when they retire. It is a great mistake to believe that the amount of the vitiation is of no consequence because the flame is so small, only barely visible until wanted. A very small flame does not swallow so much oxygen as a large one, nor does it heat the atmosphere so much, and produce so much carbonic gas. But, says Dr. R. B. Carter, "The imperfect combustion, which is an incident of a small flame, means that, instead of carbonic acid and water, the air becomes loaded with partially burnt hydro-carbons, and other noxious products; and anyone with a fine sense of smell, and a sensitive respiratory surface, who goes into a room which has been shut up with a small gas flame left burning in it, will instantly perceive the extremely objectionable character which has been conferred upon the contained air. Of course, it is still worse where a bedroom gas-burner, turned down to its lowest point, is made to do duty for a night-light, and to continue its process of air poisoning till the morning."

Candles are best for bedrooms. A candle and safety matches upon a bedside table, which will render it possible to obtain a light in a moment if it is required, are much to be preferred to the use of a night light. The latter not only, in some degree, vitiates the air, but it also takes away what, for many people, is an essential condition of sound and refreshing sleep—darkness.

Children should be taught to sleep in the dark from their earliest years, before the foolish fancies and fears so often connected with it are put into their heads by mischievous and silly people. N.B.—Always discharge a servant who instils foolish fears into the minds of children. They are malignant knaves, and weak-minded fools.

For the living, dining, and reception-rooms lamps (colza oil and pounded camphor used for magic lanterns is very powerful), and colza should be preferred to petroleum for rooms whose contents are choice. The quantity of light to be employed of course varies with the use for which the room is required.

For all occupations which require the close application of the eyes, the light should be powerful enough—should, above all, be steady, and uniform, and so placed that, while the object looked at is properly lighted, the eyes are themselves protected from direct glare, while no shadow should be allowed on the work itself. Under these circumstances—ventilation being strictly attended to—work done by artificial light is no more injurious than that done by daylight. At all events, it is so with persons of healthy frames and eyes.

Where the room is lofty enough, the best system is to suspend the lamps from the ceiling.

STANDING screens painted on coloured enamelled cloth are popular.

THOSE who have the ordinary cheap Japanese fans of a few years back will do well to consider that in Japan, as elsewhere, purity of natural art is gradually being distorted by acquired fashions and tastes, and that probably in a few years such frail fans will be more rare, less attainable, and more valuable.

ENORMOUS brass plaques are used for hall decoration; but for interiors there are surprising heads and figures beautifully painted upon china and known as royal Hungarian ware. The ware is not confined to plaques; it is seen in jars, jugs, vases, and other decorative forms. A frosting of gold distinguishes it as part of its body-finish and renders it costly.

TOBACCONISTS.—"How to Commence (128 pages) from £20 to £2000," 3d.—109, Euston Road, London.



## HOME DECORATION AND FANCY NEEDLEWORK.

(BY A LADY CONTRIBUTOR.)

—O—

## TO THE FANCY-WORKERS.

## LINES FOR A DARNING BAG.

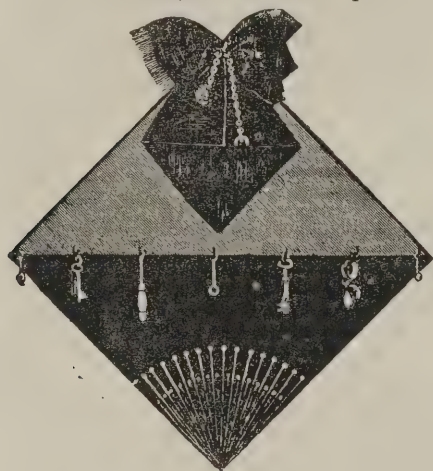
WHILE making one of those darning or mending bags so much used recently for a birthday gift, a few lines that I read long ago about a tired mother who sang—

"Heigh-ho! measure and sew,

How I do wish that garments would grow," &c., kept singing themselves over in my mind, and mingling with my thoughts on the pleasures (?) of darning, till, almost unconsciously, I found myself singing—

"Heigh-ho! a hole in the toe,  
How I do wish that stockings would grow;  
A cotton-sock vine or a stocking tree,  
What a refreshing sight 'twould be!"

I quickly noted the lines down, thinking I would write them in a large, bold hand on the outside pocket, and work them over with fine white or gold-coloured silk in outline stitch; but, as I am one of the "weak ones," whose eyes are not to be depended upon, I found it impossible to take the fine stitches regularly; so the bag—large enough to hold the unmended socks of the week, with its outside pocket for



WATCH POCKET AND KEY BOARD.

yarn and thread, and inside its flannel leaves for needles, its scissor straps, and little thimble pocket—had to be completed without them.

But not feeling quite satisfied, just before sending it away I wrote on paper—to fold and put in the thimble pocket—the following lines:—

"Heigh-ho! a hole in the toe!  
How I do wish that stockings would grow!  
A cotton-sock vine or a stocking tree,  
What a refreshing sight 'twould be!"

"Heigh-ho! so singing low,  
Your loving friend made me, and told me to go  
Brimful of love away to see you,  
To cheer you and help you your darning to do;  
So give me your socks,  
Your needles and yarn—  
Then see how I'll help when  
You darn, darn, darn.

"Heigh-ho! wishing, you know,  
Never will mend the heel or the toe;  
But when here you find thimble, scissors, and yarn,  
You'll say 'tis a pleasure to darn, darn, darn;  
You'll sing as you work  
With needle and yarn,  
'Tis nothing but pleasure  
To darn, darn, darn."

Having been assured since that they were highly prized, and should always have a place in the little inner pocket, I thought some of the readers of the "COOK AND HOUSEKEEPER" might like them for the same purpose.

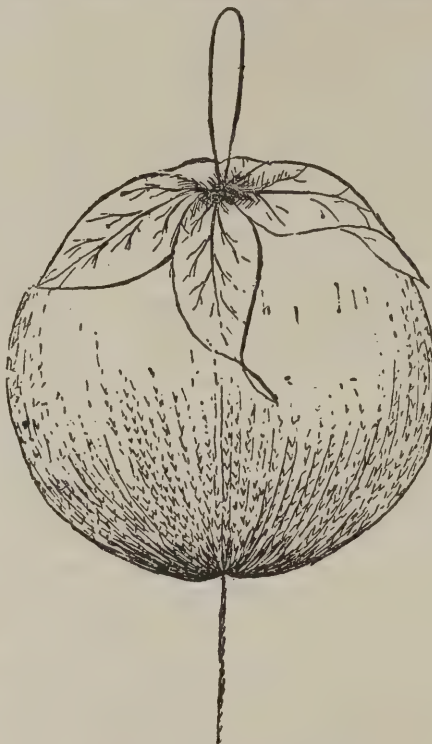
So, perhaps, some tired mother or busy grandma will be cheered to find her birthday has been lovingly remembered, when she receives one of these useful companions for mending day, and will be pleased when she is surprised by the little slip tucked away out of sight in the pocket.

I can almost see her now, as she laughingly shakes her head, exclaiming—

"Nothing but pleasure to darn, darn, darn!" while she carefully folds and returns it to its place with a tender thought for the giver.

These bags are often made of nice, rich material, and used for general mending and patchwork, as well as for darning. They may be hung almost anywhere, and are quite ornamental. As a present for a busy housekeeper nothing of the same value can be more acceptable or useful.

I have made one of mixed grey cotton goods, with Turkey red for pockets, cord, &c., and another of pieces of a linen duster instead of the grey, and they are both very pretty. Had I been able I should have put the words



COVER FOR A BALL OF CORD.

of the first stanza on the outside pocket with embroidery cotton. Having no rings I wound wire several times round something of suitable size, slipped it off, worked it over firmly with red yarn in buttonhole stitch, and had a ring much prettier than a plain brass one. The cord and straps I made of a long inch-wide strip of Turkey red, folded and stitched. I will give directions for making one, as they may be of use to some who have never seen them.

Cut two pieces of pasteboard, each six inches wide and seven inches long, and another six



ROSETTE FOR THE HAIR.

ROSETTE.

inches wide and four inches long, and round one end of each. Cover both sides of each piece with the material. Put flannel leaves for needles across the upper part of one large piece, and over them lay the small covered piece, and tack the upper straight edges together.

Make three little straps, and fasten one end of each an inch or more apart under the leaves, and draw them straight down and fasten them to the foundation; these are for scissors. Make a little pocket (four inches wide and two and a half inches deep when it is all done) like the

outside one, and sew it on the lower part of the piece, so that it will cover the end of the straps; this is for the thimble.

Take a piece of the material sixteen inches wide and a yard and a quarter long, hem the ends, gather the sides, and sew one side around the curved edge of this piece, and the other around the plain piece. See that the needle leaves are inside the bag. Gather it again lengthwise four and one-half inches from the edge of the plain piece, draw it up and sew it to the seam inside, so that it will form a puffed ruffle round the curved edge on the outside.

Cut a piece fifteen inches wide and ten deep, put an inch-wide hem across the upper edge, with a run in it for elastic cord, so that a little ruffle will be left standing, round the lower corners, turn in the edge, and gather the ends and rounded side, and sew it to the outside of plain piece to hold yarn.

Fasten a ring to each upper corner of sides and one in the centre of each end of long strip; run in cord a yard and a quarter long, and fasten the ends together. Hang it up by the two loops that extend across the upper straight edges of the sides of the bag when it is closed.

## WATCH POCKET AND KEY BOARD.

For this convenient little affair you will need a thin piece of wood, six inches square. Cover it on one side with any pretty pieces of plush or satin you may have on hand, arranging them as the taste suggests. The rays in the point are worked with different shades of silk that blend



RIBBON BAND WITH ROSETTE.



ROSETTE FOR SLEEVE.

nicely; a French knot finishes the end. Six brass hooks are screwed across the centre of the board. The little watch pocket is made of a piece of ribbon the colour of the lower half; it is fastened on with a hook to suspend the watch on. A brass ring is screwed on the upper corner to hang the board by. Muslin is pasted on the back to conceal all raw edges.

## COVER FOR A BALL OF CORD.

The most useful of all home-made gifts is the covered ball of cord. The newest and most novel covering is made to represent an orange. As the resemblance lies mostly in the colour it cannot be conceived by the illustration. Select a ball of yellow cord, or light blue will answer. The cover is knitted out of bright yellow silk; set up twenty-eight stitches on rather coarse steel knitting needles, and knit a strip, plain garter stitch, long enough to fit snugly around the ball. Draw the cord out from the centre of the ball, and shir the cover together around the top and bottom of the ball. The lower shir can be easily replaced when necessary to cut it to put a fresh ball in. A loop of green silk is fastened on the top to hang it up by. Five orange leaves are cut out of green felt, veined with a lighter shade of silk, and sewed around the top. A small pair of scissors may be attached on a narrow satin ribbon if one cares to add a little more expense.

## BOW WITH ROSETTES FOR WEARING IN THE HAIR.

The loops and ends of this bow of pale lilac satin ribbon are two and three-quarter inches wide, intermixed with rosettes of very narrow purl-edged ribbon the same colour. Wire stalks from two to two and three-quarter inches long, twisted over tightly with ribbon, fasten the rosettes on the bow.

## RIBBON BAND WITH ROSETTE FOR STANDING COLLAR AND SLEEVES.

The latest novelty in such bands is here shown, with a rosette to be worn in front or at the side, composed of salmon-coloured corded ribbon with



purl edge three-eighths inch wide, put on a small round of stiff net, and arranged in close rows of loops three-quarters inch long. A brooch pin is sewn on to the end of the stiff foundation to fasten on the rosette.



## THE WOODLARK.

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THE woodlark is technically called *Alauda arborea*. It is not so large as the skylark, being not much more than five inches in length. It is, however, very similar to the other in appearance. The upper mandible of the beak is black, the lower one brown, and at the tip inclined to flesh colour; the feet are also flesh-coloured, and three-quarters of an inch in height. The top of the head is reddish brown, marked with four blackish brown streaks. When the bird is excited it erects its long, straight feathers into a crest. A whitish grey stripe is at the bottom of this crest, which passes from one eye to the other. Brown is the colour of the forehead, the nape of the neck and upper part of the back are reddish brown, with blackish brown spots, while the lower part of the beak is of a greyish brown. The wing coverts are dark brown edged with pale reddish brown, while the throat and breast are yellowish white, spotted with blackish brown; the lower part of the body is yellowish white.

The female bird is handsomer than the male, and somewhat lighter in the ground colour, while the spots on it are darker, the breast more thickly marked, and the white line round the crest more distinct. In all the species of larks those on which the ground colour of the plumage is more decidedly white and the marks numerous are almost always females.

This bird frequents most countries in Europe, and in fine weather may be seen in pine groves and forests which are broken up by fields and meadows. In breeding time it is solitary, but at other periods it flies in flocks. It comes in March and leaves us in October.

When it is allowed the full range of a room it sings better than when in a cage. It should be plentifully fed and freely supplied with river sand to aid digestion and to enable it to roll. The food of the woodlark in its wild state consists principally of insects in summer, of seeds such as poppies, rape, linseed, millet, oats, &c. When these are not to be obtained, as in spring, it will subsist on green food.

The woodlark in confinement is a very delicate bird, and, though it will eat the universal paste, will require a little variety in its diet. Poppy seed, oats, hemp seed crushed, sweet curds, fresh and dry ants' eggs, bullock's heart, boiled and grated, meal worms, malt should be given in turns in small quantities. It will be found that when new to captivity the food it likes best is poppy seed, oats, and ants' eggs.

Its nest is found among the heath, under the juniper bushes, in the long grass of preserves, and in hedgerows. It is made with moss, wool, hair, interwoven with dry grass. Four or five eggs are generally found, which are spotted with whitish grey and a violet brown. The proper food to give fledglings is bread soaked in milk and ants' eggs; the parents, if taken with the young, will feed them with the same. They are excellent imitators of any bird put in the same room with them, but most persons prefer their natural warbling. It requires great attention, particularly cleanliness, as it is peculiarly sensible to disease. Its feet are tender, and it often dies from a broken leg.

The woodlark may be taken by means of limed twigs, or the night net in the autumn. If during a snowstorm some spaces are clean swept they may be caught here by limed twigs or clap net.

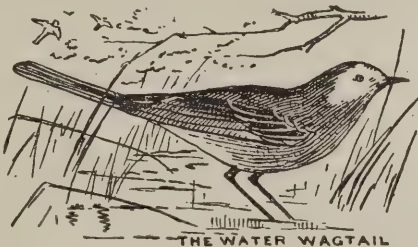
The woodlark, by connoisseurs, is looked upon as the most excellent singer of all the larks, and, in fact, of all birds save the chaffinch and nightingale. It is flute-like in its tones, while

its variegated song is sweet, tender, and melodious.

Drayton says—

"To Philomel the next the linnet we prefer,  
And by that warbling bird the woodlark place we then."

When wild it sings on the top of a tree, or almost out of sight, sometimes for a whole hour together. When a prisoner it sings on its perch. In a wild state it sings from March to July; in the house from February to August. The female in this case sings, as is the case with all larks, but a much more broken and interrupted strain. Some woodlarks, which, however, are often the best singers, are obstinate and whimsical, and will not sing if anybody be in the room; it is therefore best to hang them in a cage outside the window. Its abrupt gait, and the curious manner in which it raises the feathers of the head and neck when walking, make the woodlark an amusing inmate of the aviary.



THE WATER WAGTAIL

The woodlark, though pretty generally distributed over the British islands, is by no means so common a bird as the skylark. It is found on the borders of woods in wild places, and is not so much a bird of the cultivated fields as the other; indeed, it is altogether of more solitary habits, for while skylarks congregate in flocks of many thousands, it is rare to see a dozen woodlarks at the same time—and even in the smaller numbers in which they do appear in the winter, they are not found far from those wild localities in which they breed. They are early breeders, the nest being begun in March, and the brood hatched as early as May. The nest is more concealed than that of the skylark, being usually under a bush, or in a tuft of thick herbage. It is composed of the same materials, with sometimes the addition of a few hairs in the lining. The eggs, which are usually four in number, are smaller than those of the skylark.

That woodlarks are not so numerous in proportion to their eggs as the other species may



THE HEDGE SPARROW

be accounted for partly from the inclement season, and partly from the more barren places in which they breed. Their breeding time varies considerably in different parts of the country; but in all situations it is as early as the weather will permit. And thus in the high grounds, on the skirts of the Grampians especially, the nests are liable to be destroyed by those storms of sleet and snow which set in sometimes as late as the middle of May, or even the beginning of June.

On those upland places, this species is the only lark, and the song with which he hails the first approach of the tardy and somewhat doubtful spring is a very delightful one, the more so that that in those places, and at that season, it is the only songster. The name is not very appropriate, for the bird is one of the waste rather than of the woodland; and although it perches, which the skylark does not, it has many of the habits of that bird. It feeds on

the ground, upon insects, and is probably more insectivorous than the other. It nestles on the ground, though under cover, and though it occasionally sings on the top of a tree or bush, its general practice is to sing in the air, swelling its notes as it ascends, and sinking them as it descends, in the same manner as the other. Its notes have likewise some resemblance to those of the skylark, but they are not so numerous, and they are soft and rather plaintive, while those of the skylark are the merriest of all the feathered tribe.

When the woodlark is near trees it varies its pitch and cadence probably more than the skylark. It comes from the ground to the tree in a sort of waving course, singing very low, and giving but a portion of its brief stave. Then it perches and sings in a uniform key, but not full and round. After a while it wheels upwards, more wildly and rapidly than the skylark, swelling its song as it ascends, and sometimes rising higher than the ordinary flight of the other, but not quite so high. When it takes the top of its flight it sends down a volume of song which is inexpressibly sweet, though there is a feeling of desolation in it. The song, indeed, harmonises admirably with the situation; and to hear the woodlark on a wild and lone hillside, where there is nothing to give accompaniment save the bleating of a flock and the tinkle of a sheep bell, so distant as hardly to be audible, is certainly equal to the hearing of those more mellow songs which are poured forth in richer situations.

The admirable manner in which the songs of birds are tuned to the character of their general haunts, so that the song gives life to the scene and the scene effect to the song, must equally delight and strike the most casual observer.

In the soft and bowery vales of the south, where the soil is rich and heavy, and the labour of the fields moves slowly along—where, unless fired by ambition, stimulated by the love of gain, or enticed by luxury, the spirit of man is apt to flag, and he to feel, to a very considerable extent to be, wretched, from the felt but unspoken contrast of his own insignificance and the abundance in which he is set, and which magnifies with his advances, so that every day of his life he feels farther from the goal of his happiness than he was the day before—in those places, where it would seem as if the very wealth of nature involves one part of mankind in poverty through the medium of indolence and improvidence; and the constant succession of leaves, and flowers, and winged creatures, as gay and as fleeting as the latter, inspires one portion with anxiety and gloom; the warblers come with their soft songs, and the nightingale chants to soothe the restless mind in the darkling hour.

## THE SHERELARK.

(*Alauda Alpestris*. Linn. *Alouette de Virginie*. Buff.)

THE sherelark is rather a larger bird than the skylark, being quite seven inches in length. The plumage of the upper part of the body is similar in colour, but the throat and lower part of the neck are bright yellow, and, as well as the breast, traversed by a black stripe in the shape of a horse-shoe. The north of Europe is the home of the sherelark, but in winter it may be seen in many parts of Germany, seeking in the horse-dung for grains of corn. It is often captured on the southern side of the Thuringian Forest, when returning home, especially in a snowy spring, with limed twigs and nets. It is, however, often so emaciated as not to be able to eat the food offered it. It may be treated in all respects like the other species of larks.

This bird is sometimes called the harned lark; its claim to be admitted into the British fauna rests upon some three or four specimens—one obtained in Norfolk, another in Lincolnshire, and a pair in Kent; the male only of which, being the most attractive bird, was preserved. This species appears to inhabit the northern parts of Asia, Europe, and America.

## THE TITLARK.

(*Alauda trivialis*. Linn. *Alouette Pipi*. Buff.)

THIS and some of the same genus are only entitled to be called larks from the colour of their plumage and the fact that two of them



possess a long spur. They are slighter in make, and, despite the beak and the characteristic movement of the tail, rather resemble the wagtails. Wild, they feed on insects. They have two light-coloured stripes on the wings, a similar stripe passes above the eyes, and the throat is free from spots. They have all a mournful piping call, and, unlike the larks, bathe in water instead of sand. They appear to be a link between the wagtails and the larks, and form a variety called by Bechstein pipets.

All larks have been more or less sung by poets, such as Shenstone, Burns, Lyttleton, Cunningham, Scott, Wordsworth, Thomson, Montgomery, Dryden, Hemans, Keats, Mary Howitt, and others. Scott evidently did not know much about the bird. He was very ignorant on many other points, or he would never have said it "twittered;" and there is reason for suspecting that Hemans and Cunningham, who spoke of the woodlark soaring out of sight while singing, were in error as to the songster they compliment. Still, some naturalists make the same assertion.

Shenstone and Burns both allude to the sadness of the woodlark's note:—

"Smit with undissembled pain,  
The woodlark mourns her absent love."

Leyden, who is in love with the softness of its song, says:—

"The woodlark breathes in softer strain the vow,  
And love's soft burthen floats from bough to bough."

Gilbert White and Thompson, who note the great compass of the woodlark's song, say:—

"Unseen the soft enamoured woodlark runs  
Through all the maze of melody."

"The woodlark, o'er the kind contending throng  
Superior heard, run through the sweetest length of notes."

Poets are not always correct in their descriptions of birds. The poets above quoted meant the identical bird specified; but of the others it seemed a justifiable inference from other points of their natural history, to say that they either use "woodlark" merely in the sense of "wood-bird," or that they mistake it for the skylark. It is a pity it should be so, for the poets could not have found in all the range of British birds another so deserving, from its rare song, its delightful sylvan life and engaging character, of their just admiration.

But the lark wants no adventitious aids to popularity and honour. Shelley has sweetly enshrined the bird that Rome's legends so terribly glorified; and every other poet before and after him has been glad to borrow the easy line or obvious metaphor from the skylark's song or flight.

As the "morning bird," "matin bird," and so forth, the skylark divides honours with the cock. Both are said to have matin peals, and to be ploughmen's messengers of morn—

"The merry larks are ploughmen's clocks," says Shakespeare, while they are also called messengers of morn, sentinels of day, and heralds of the dawn.

Chaucer knew that the skylark sings in the dark. He says—

"Altho' it were not day by hours two,  
Yet sang the lark."

Milton has it singing before "The dappled dawn doth rise;" Thomson "Ere yet the shadows fly."

## WAGTAILS.

THIS small group of birds is sufficiently familiar to every observer of Nature. They are so called from their habit of jerking their tails.

Montgomery says—

"What art thou made? air as light as dew?"  
"I have no time to tell you, if I knew."

My tail, ask that, perhaps it may solve the matter; I've missed three flies already by this clatter."

The common pied wagtail (*Motacilla Alba*) is about seven inches in length, the tail measuring three inches and a half. The pointed, black beak is five lines long. The top of the head is black, the rest of the body ashen grey or snowy white, the throat and upper part of the breast black, the rest of the under part of the body white. It is found near houses in the open country, near ponds and brooks, and is a

clever fisher, snapping up the smaller minnows and fry when they come to the surface. It is often seen running on the ground near horses and cattle at pasture, pecking at the insects they disturb, and follows the ploughman for the grubs. In winter it will come near the house for crumbs and scraps, but in summer it frequents the banks of streams or ditches, and eats aquatic insects. It is called the wagtail from its curious habit of jerking its tail while running along the ground. Some country-people call it the dishwasher, from its love of water; and the washerwoman, from its habit of beating its tail on the ground—it resembles the process of beating the linen by the river side common in countries where washing is done by the side of rivers and streams.

In the aviary it must be fed on ants' eggs, meal-worms, and insects, but will soon get used to universal paste or bread and meat. It does not sing so loudly as the grey wagtail or so sweetly as the yellow wagtail. The grey remains all the year in the south of England, but is said to migrate from the northern countries.

(To be Continued.)

## THE WORK-TABLE.

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### PIAZZA CUSHIONS.

CUSHIONS for piazza steps can be so easily and cheaply made and are so comfortable and luxurious that when once made and tried, one will never be willing to be without them again. They protect one's clothes from possible dust, and make nice seats when piled on the grass, and can be used in hammocks, and are nice at all times for little children to loll over both indoors and out. They can be made of old or new stuff, plain or elaborate, as one pleases.

We made the cases of bed ticking. They were made twenty-four inches long and twenty-four inches wide. They were stitched up on the machine, and one end was left open for the stuffing. We stuffed them with layers of straw which was placed in very evenly, and over the straw next to the top we put two or three layers cut from an old bed comfort, then sewed up the opening very firmly. For covers for these we used for the bottoms heavy cloth cut from old pantaloons; for the tops, figured canton flannels of rich colours, blue, brown, and cardinal. The edges were finished with heavy cord, large tassels were placed at the corners, and a strong loop was sewed securely on one side to lift them by. The handsomest cushion covers we have, are made à la crazy, of pieces of rich, heavy brocaded stuff from an upholsterer's shop. The bottoms of these were made of oilcloth such as are used for table covers. Four cushions are not too many for one piazza. Make one and you'll soon find yourself making more. Handsome covers for them could be made of ingrain or Brussels carpeting, and crocheted covers would be very pretty.

### CROCHETED RUG.

Materials—carpet rags, cut half an inch wide, and a large steel or wooden crochet hook. Make a chain of twenty stitches with red rags, double this and sew it together. Crochet around this three rounds in single crochet (without putting the thread over) of the red. Join on black and crochet five times around, taking up the same stitch twice three or four times across the ends so that it will lie flat. Join on hit or miss, crochet five times around, and so on until you have three stripes of black and three of hit or miss.

For the edge, join on black and make a scallop of one single, three double, one single, in the first stitch, one single, three double, one single, in the fourth stitch, and so on around the edge.

My rug is nearly round, if you wish it oval make the chain longer to begin with. If you are used to crocheting, you will readily see how to do it.

### TISSUE PAPER MATS.

Open a sheet of tissue paper, fold in centre lengthwise once, then fold the other way twice and cut. There will be six squares. Fold across cornerwise three times, cut a deep, round scallop, now unfold. You have six rounds of eight scallops each. I use four sheets of green tissue, different shades; dark to light olive is best. Fold and cut each sheet same as first.

Take one round of the paper, fold one scallop lengthwise in centre on one wire of a common hairpin, holding the head of the pin in the right hand, press in gathers the paper with the left hand, towards the right, without breaking the paper, shirr each scallop in this way, then take one round of each shade, from dark to light, and tack together in centre and you will have six handsome mats. Now take some rose-coloured paper, red, pink, yellow, and cream white, fold and cut in the same way three rounds of each colour, size three inches each, and shirr in the same way. Take a piece of yellow paper on a wire for centre of rose, put them on the wire and you will have a handsome rose. Place equal distances apart, one of each shade around the mat, and fasten in place. They make pretty mats for fairs.

### LATTICE WORK PATTERN FOR WOOLS.

Cast on twenty-three stitches, and knit across plain.

1. Slip one, knit two, over, narrow, over narrow, knit sixteen.

2. Knit one, over three times, \* knit one, over three times; repeat from \* till you have but seven stitches on the left needle, these are to be knit plain.

3. Slip one, knit two, over, narrow, over, narrow, now with the right needle slip off each stitch that is knit, after slipping first stitch you drop the three loops, slip next and pull it up, thus making one long stitch: do this till you have sixteen long stitches on the needle. Take the fifth long stitch, and pull it over the four stitches and knit, knit the three beyond the fifth same as fifth, then commence at the first four stitches and knit off plain, eight long stitches will be remaining, knit same as the first eight.

4. Knit across plain. Repeat across plain.

### CALLA LILY MATS.

These require four shades of green yarn. Single zephyr is prettiest. Take one skein of green yarn and half a skein each of the other shades. Commence and crochet with the treble stitches around a mat of eighty-nine stitches, then eleven stitches chain, then fill this chain with treble stitches, then ten treble, then the chain, and proceed the same all around till you have six stitches deep. Finish with the lighter shades, by putting over the thread and drawing it through the fulness with a thread, which will leave a place to insert the lily, which must be crocheted with one ounce of cream white zephyr.

Set up three chain, use the treble stitch. Add one in the centre, and go back and forth until it is six rows deep, then finish the edge the same as the mat. There must be eight lilies. Then have half an ounce of yellow to represent the stem. Set up thirty stitches, knit plain ten stitches deep, bind off, sew together, insert a wire. Sew the lily together and put in its place in the mat.

## WOMAN IN THE HOUSEHOLD.

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### METHOD.

A LADY will often throw her bonnet and shawl on a sofa in a careless way, declaring that she was too tired when she first came in to put them away, and then forgot them. But this same lady will go to her room, have a good wash, brush her hair after her walk, and make herself quite neat. It would not have added greatly to her fatigue if she had taken the bonnet and shawl with her and put them at once in their proper place. If everything is always put in its proper place, no one can tell the time they will save, how much real comfort is secured, and how many temptations to irritability will be avoided.

Nothing tries the patience more than to find oneself compelled to search all over the house for a missing but indispensable article, especially when a certain monitor whispers that, when last in use, you yourself tossed aside that which you so much need, because—too tired to put it in the one, only, proper place. One moment's care then would have saved all this time wasted now. A little painstaking, a little practice at the beginning, will soon teach anyone to be exact in the smallest things, with scarcely a thought, almost by instinct. And really these little things occupy but a few moments. Yet the neglect of these lessens, and the careful



performance of them adds amazingly to, the sum total of pleasure and comfort.

When coming in from a walk or a ride, go at once to your room before removing your outdoor attire. Take off the gloves first, pull out the thumbs and fingers smooth, like a new pair, fold together, and lay in the drawer. They will wear twice as long, and always look new. Then remove the bonnet, brush it carefully, straighten the strings and fold smoothly across the crown of the bonnet, and roll up and pin together, and lay the bonnet in a box. Then take off the outside garment. If a cloak, brush it thoroughly, see that no button, button-hole, or trimming is breaking, then hang it up or fold and lay in the drawer. If a shawl, shake off the dust and fold neatly, but not always in the same creases, as they are apt to wear rusty or break if not often changed.

All this, which takes so many words to tell, will occupy but a few minutes to perform, and then you are ready to brush your hair and wash your hands and face before going to your sitting-room. At night, if you leave your garments just as they fall from you, an unsightly pile on the floor or chairs, will you be more inclined and have more leisure when you rise in the morning to put them away than you had at night? Would it not be wiser to shake off the dust and hang the clothes up in a closet, leaving the door open till morning, that all perspiration may be dried and the garments well aired. Many garments are moulded and ruined by being packed away in a close closet or drawer before they are fully dried, as well as being thrown into a heap and injured by the wrinkles thus made.

In the morning throw your night clothes across a chair by an open window, till well aired, and then hang them up in a well-ventilated closet. This is much neater, as well as more healthful, than to roll them up or fold them ever so neatly and put under the pillows, as many do. They never can be fresh and pleasant when you put them on again at night if folded and put away from the air.

Many years ago, two little girls lived in a large, old-fashioned house, but none too large for the ten wild, frolicsome children who occupied it. Care for the house and children required some thought and much hard work. The good mother conscientiously believed it her duty to teach her children to take care of themselves as much as possible, and to help others also, and to do whatever they undertook faithfully.

This was not an easy lesson for these young girls to master, nor for any of this large flock; but the youngest, giddy and thoughtless, found the order, regularity, and scrupulous neatness that were exacted a great trial, and sinning and repenting were the usual routine of each day, the sinning so frequent and the repentance so evanescent that anyone but a mother would have despaired.

Returning from school on the youngest's tenth birthday, both girls were called to their cheerful, sunny chamber, and on each side of the east window stood two pretty new bureaus. The mother showed them how neatly she had placed everything belonging to them. "And know," said she, "that once a week I shall examine your bureaus. I shall not let you know when. Most likely it will be in the night, generally when my work is all done; and if I find anything, however trifling, out of place, I shall be compelled to wake you, make you get up, and put all in order. Please try and remember this, my dears, for it would not be pleasant to leave your warm beds some cold winter night to do that which you should have done before you slept. Or, perhaps, some day, just as you are ready to go on a pleasant excursion, how sad it would be to make you stay at home because you carelessly disobeyed mother's requests! It will grieve me if compelled to do this, but I know of no other way to break up your exceedingly careless habits."

Did the mother carry out her threats? Yes.

She was not a cruel mother, but one of the best the sun ever shone upon; but the children well understood that her word once passed was unchangeable. One or two little pleasure expeditions lost, and rising a few times on winter's nights, soon rectified the naturally careless habits; and the cure, though for the time not pleasant, was thought in after life a

small price to pay for establishing a habit of order which soon became a second nature and no burden.

#### SHOPPING.

Great is the mystery of fashion. But there is still another mystery which few men comprehend—the excitement, the absorbing interest that is found in shopping, especially in a foreign country.

Now, few can understand what pleasure there can be in the fatiguing business of shopping, only so far as it is gratifying to accomplish any labour well. To hang about a counter examining things one has no intention of buying—jostled, crowded, and made uncomfortable by the ever-surging crowd—is fatiguing in the extreme, and exceedingly bewildering unless a list of what is needed has been carefully prepared before entering the shop.

According to our mode of looking at the work, this should always be done in home shopping, but it is much more desirable when abroad.

Notwithstanding the term "fixed price" often seen in some shops, it is true that the dealer does often make many changes in the sum demanded; perhaps compelled to do so by the determination on the part of his customer to "beat him down," and never satisfied until that consummation, so devoutly wished for, has been achieved.

But, though fully aware that the first price should not always be accepted, it must be admitted that higgling and chaffering in making a bargain is not in good taste. It is, we think, enough to say, in a quiet, lady-like manner, "The price is higher than I am prepared to give;" is usually quite sufficient. Most shopkeepers are quick to understand the character of customers, and very readily perceive it if you really know your own mind. If they have the least intention of reducing the sum asked, they will, without any more words on your part, give you their lowest terms, which you can accept or look further; anything rather than stoop to expostulations or persuasions with a stranger. If satisfied that the article is desirable and of a fair price, why wish to discuss the matter further? Why wish or expect the dealer to sell his goods at a loss to himself, just for the honour of serving you?

#### HOUSE CLEANING.

The first thing thought of by those who have been able to afford a seaside trip in the autumn, is to set their houses in order for the coming winter. Those who have not been so fortunate as to ensure a short respite from home duties have already begun their house cleaning—one of the prominent parts of household labour, that custom has needlessly made a dreaded and most formidable undertaking.

We cannot think it necessary that to effect a satisfactory cleansing of the house, the whole of the interior should be dismantled, and thrown into wild confusion, and all the inmates be made cross and uncomfortable, in order that the mistress may have the satisfaction of knowing that twice a year at least her domains are in order and perfectly clean. By a little care, good management, and forethought, except in a few particulars, a house may be kept in condition the year round, and a large portion of these home revolutions and disturbances, so dangerous to the comfort and happiness of the majority of the household, be avoided.

Yet, with the best management, there is extra work to be done every autumn and spring. In the autumn the dust, that is exceedingly annoying, and like to pervade the whole house during warm weather, and all traces which the flies, without regard to the most persevering care, will always leave on paint, furniture, &c., must be removed. In the spring, the smoke from gas, and the dirt from stoves and grates, will call for labour equally hard.

When frosty nights begin to be felt severely the flies will have done their work, if with the aid of an active assistant they have been hunted every evening from all the dark corners with brush and broom, and those that are by these scattered on the floor are gathered up and burned. As the cold increases they become more feeble and inactive at night, and will lie in large masses on the ceiling or in dark corners, and when thus brushed down are too stiff and torpid to fly quickly, and may be captured in large quantities. But as soon as fires are kindled, and the house is pleasantly warm, if

these efforts to destroy them have not been made they will be as busy as in July and August, and far more persistently annoying.

The first work to be done before commencing cleaning in the autumn is to lay in coal for the winter, because the dust which finds its way into the house when coal is put in will make all attempts at cleaning useless. The next step is to see to the grates, ranges, and furnaces, as well as the chimneys. All repairs should be done before the great work of house cleaning is commenced.

Preserving, pickling, and all kinds of work that tends to leave stains of dirt about, more than is to be expected in ordinary labour, should be finished and put securely away before the more laborious occupation of cleaning the house is commenced; but the closet in which pickles, preserves, &c., are to be stored must be well cleaned before they can be put in. This done, the house is at the mercy of scrub brush and brooms.

#### LATEST FASHIONS.

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THE continued coldness of the weather has prevented any great change having been made as yet in the matter of clothing, and winter garments have of necessity been retained, but it is now time that furs and heavy cloths should be replaced by lighter and more spring-like garments. It is hardly warm enough yet to discard jackets entirely for costume dresses as will be done later on, so a compromise has to be made, and this takes the form of the short tailor-made jacket now so fashionable. Black jackets are hardly worn at all, but the favourite colours are fawn, biscuit, pale brown, drab, and grey. These jackets are mostly made entirely without trimming; a pretty pattern fits closely to the figure at the back, but is loose in front, fastening down the middle with a row of buttons underneath a fly piece; it has a straight high collar and is merely stitched round, closely resembling the short, light overcoats so much worn by men a year or so ago. Some of these jackets have the seams outside, while others are made in corduroy, which gives them a very "horsey" appearance. Another style is made similarly, but fastens from the right shoulder to the left hip, and has a single lapel; the lapel and collar of this may be either plain or of velvet to match the cloth, or in a contrasting colour, as dark brown, green, or red, all of which colours look well on either of the colours in cloth which I have mentioned above. If preferred the jackets may be made similarly, but tight-fitting, and I advise this in cases where the figures are short and inclined to *embonpoint*; the loose fronts look better on slight people.

For middle-aged and elderly ladies short mantles of plush, velvet, satin, and silk, heavily trimmed with lace and beads, are again the fashion, and these for the most part are in black and dark brown. They are cut very much shorter at the back than last year, as are the jackets of the younger ladies, and form into a sort of frill for about three inches below the waist, being held up from below by the drapery of the skirt, which is worn higher than ever, giving in a profile view somewhat the appearance of a fowl's tail. An elegant pattern for a married lady's mantle has a V back and front of velvet or plush with side pieces of watered silk and frills of lace; the arm pieces only reach to the elbow, and are made of alternate strips of the velvet and silk and frills of lace. Yet ornaments and beaded lace are as much worn as ever; but a novelty in trimming has been introduced in the form of plain-turned wooden beads in the natural colours of the wood. Very handsome fringes are made with these beads.

Corded silk is once more to be the fashionable material for the elder ladies' visiting and dinner dresses, the favourite colours being dark heliotrope, stone, and dark shades of brown; for less stylish dresses no material is nicer than a good cashmere.

For younger ladies and girls tailor-made dresses are very fashionable, and no one need grudge the money to buy one of these, for although it may have to be discarded in a few weeks when the warm weather comes, it will be most useful again in the autumn, and is far the best thing for rough wear at the seaside or in the country, for it always looks neat till it is threadbare. White collars and cuffs are again being



worn with tailor-made dresses and jackets, and add to the appearance of neatness. I have seen some nice new patterns of tailor-made dresses and of ladies' dresses for tricycling at Mr. T. W. Goodman's, 47, Albemarle-street. He is making up very pretty checks in shades of grey and brown with a thin line of red running through them, and sometimes introduces velveteen into the skirt and as a waistcoat. One very pretty dress was a narrow stripe of dark blue and grey, the bodice buttoned from right to left with a single lapel of dark blue velvet from left to right; there was also a high straight collar of the velvet, but the cuffs were plain like gentlemen's coat cuffs. A very elegant tailor-made costume I saw at the British artist's private view was of pale grey cloth, the skirt somewhat simply draped, the jacket tight fitting, with lapels, and a waistcoat embroidered with steel beads. The jacket being thrown open on account of the heat in those crowded rooms showed a bodice very short on the hips with pointed front and fastened on one side, the upper part of which was also embroidered with steel beads. The hat was of coarse straw, trimmed very high with bords of Ottoman silks and doves' wings.

Fancy woollens have become very fashionable, plaids and checks being especially favoured, and reproduced also in foulard and cotton materials. Lines of all sorts of colours are introduced, as, for example, white and yellow or red and white on a navy blue ground, the pattern being in many instances raised in rough lines. At the Variétés in Paris Madame Judic wears in the new piece a crimson silk underskirt with a bodice and pleated overskirt open on each side, made of a woollen material in which red and yellow checks are combined with large red woven spots.

For those who wish to make their dresses at home, the soft materials now worn are a great blessing, as they are so easily draped. For foundations, an old silk dress, twilled lining, or eateen of the ground colour of the dress should be used, and the skirt should measure from two yards and a quarter to two yards and a half round. No steels are used except at the top, where three small ones of graduated sizes should be inserted in the foundation, one at four, the other at eight, and the third at twelve inches from the waist. The cushion, which should be short and thick—a roll of horsehair is best—should not be placed beneath the foundation as most dressmakers fix it, but covered with the same material and fixed outside the foundation just at the back of the waist, where it best serves to support the drapery. Take, for instance, a foulard, such as is fashionable, of red spotted with black or very dark blue, or of lighter blue spotted with white or red, or of the fashionable checks. On the foundation described the skirt can be gathered or pleated, and the long pleated tunic caught up high on one side with a bunch of ribbons, reproducing all the colours occurring in the material of the dress; the body can be slightly frilled in front, or made with a Norfolk jacket, the waist belt being of ribbon of the ground colour of the material. It must always be remembered that a belt of lighter colour than the ground of the dress makes the waist look large.

For better class dresses plaids are very nice as tunics over plain faille or other silks, as, for example, a tunic of blue plaid with grey stripes formed by alternate lines of white and black draped over a skirt of plain blue faille. No trimming is used for the border of these tunics, which is simply hemmed and the edge turned under in draping. One side of a checked tunic may be lined with the plain material and then turned back, or folds of the plain may be arranged to extend beyond the edge of the tunic, from the point upwards. When a scarf-like drapery is used, an arrangement is made as of two broad sashes folded round the figure and crossing in the front, so that one appears on either side. A good effect is produced by having the one of the plain and the other of the figured material. The backs of the skirts are cut quite straight and long, so as to allow for a little bunching just at the top. The folds are caught up quite carelessly to look as if a long skirt had merely been fastened up momentarily for walking.

Plaids of woollen and silk combined with velvet are much worn, with plain cashmere velvet or velveteen, and overskirts of these rich materials, bodices and drapery of the new fringed cashmere are very effective. The new cashmere is being sold by the yard, with a deep

fringe running along one side; it is made up so that the fringe forms the edge of the tunic and sometimes that of the bodice, which, according to a new French pattern, is cut long with basques and hip pockets. For cloth and silk dresses the long neglected process of "pinking" is once more to the fore. A very smart costume may be made with skirt of brown velveteen, draped with fawn-coloured cloth pinked at the edges, and a Norfolk jersey to match the cloth. Brown and tan, or green and tan, are also very nice combinations. Medium shades of heliotrope and moss green or *vieux rose* in cashmere and silk make charming frocks for afternoon wear. Let me describe one of heliotrope cashmere and moss green silk. At the bottom of the foundation as above described, gather a narrow flounce of the cashmere, above this and nearly covering it gather a wider flounce of the green, pinked in festoons at the edges and only very slightly frilled; over this comes the skirt of cashmere, falling from the waist in folds of about two and a half inches broad, a scarf of the green is draped in panniers at the sides, and falls in sash ends at the back over the bunched skirt of cashmere, the drapery of which falls right to the bottom of the dress; the scarf is pinked all round the edges. The bodice is cut very short on the hips, coming to a sharp point in front, and may be crossed, fastened on one side over a square cut waistcoat, formed of row upon row of the green silk, the pinked edges only showing and starting from each side to meet in the middle. The bodice should have a high collar of the cashmere at the back and sides, and the neck and sleeves be finished off with a little pinked edge of the green frilled in. The two colours of the dress should be reproduced in the hat of coarse straw trimmed with bows of picotee ribbon in both colours mixed, and bunches of lilac and leaves. This costume may be made of cloth in two colours, as green and tan, pale grey and lead or chocolate and fawn, in which case all the edges can be pinked, which is impracticable if cashmere is used.

Sailor-shaped hats with narrow brims in two colours of coarse straw are very much worn, and are trimmed high at the back with bows of silk. A pretty costume is of dark blue cloth relieved with a stripe of red velvet or red silk sailor collar, with one of these hats in red and blue, the bows up the back being of red silk. Hats are worn as high or even higher than ever, many turned up and trimmed at the back. The trimming, as a rule, is arranged in pyramidal form and often surmounted with a spray of flowers which nods to and fro. Flowers are more worn than ever, and some charming little capotes are made entirely of them, with just an edging of pleated tulle. I saw a lovely one made in two shades of violetttes, and another of primroses and leaves. The fronts of tall hats are often decorated with a bunch of mignonette, tulips, or other flowers which will stick up straight, and both these hats and some bonnets have frequently a wing made of jets, feather, or silk placed on either side as in the cap of Hermes.

Never were more daring combinations of colours possible than at the present time, and most exquisite effects may be obtained if time and good taste can be devoted to the subject of dress, but the greatest attention must be paid as to suitability, or the most disastrous results are apt to occur. I saw a lady the other evening in a lovely gown of serpent green velvet, relieved with pale pink, who ruined the whole by placing orange-coloured silk pompons in her hair.

## MENDING TINWARE.

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BY MRS. F. M. COOPER.

MANY shillings could be saved in the course of the year by giving attention to the little leaks that in the aggregate would make a big hole. One of these little things is the mending of tinware, which any woman can do if she only knows how.

Get three pennies' worth of muriatic acid, and put into it all the zinc it will dissolve. You can probably get scraps of zinc from some tinner. Then get some soldering; I prefer the hard soldering. Whenever a leak makes its appearance in any of the tinware, scrape any rust off that may be around it, then drop some of the acid upon it to clean it; cut a piece of

soldering and place upon the hole, and hold the vessel over a burning lamp, or set on the stove so that only the place at the hole will be exposed to the heat; let it stay until the soldering melts and spreads enough to cover the hole, then remove and hold in position until the soldering cools enough to harden. If you want to mend any part that cannot be exposed to the lamp or stove, then have an iron spoon in which to melt the solder; treat the leak in the same way as to cleaning and applying the acid; have a rod of iron heated at one end and hold it on the leak until the parts around are heated, and then pour the solder on.

Our grandmothers used to prevent the wearing of the bottom of pans and buckets by putting legs of pewter on them, and we could make our tinware last many times as long by giving it legs of solder. All there is to do is to clean a place with acid, melt some solder in a spoon, and pour it on. I have heard tinner say that they could not patch tinware, but I have done it by taking a piece of bright tin, cutting it the shape I wanted it, placing it over a hole that was too large to solder any other way, and pouring hot solder around the edges. It will have to be well cleaned with acid, and heated some.

## BUTTER-MAKING.

—:o:—

THE best butter-makers of the day stop the churn when the butter is in the "granular" form—i.e., in small granules or grains, none of them larger than a grain of wheat. In this stage the butter-milk is drawn out of the churn, and cold water turned in to wash the butter-milk out of the butter. This is then drawn off, and the process repeated until the water comes away clear. A brine is then made and poured into the churn, and the dash is turned enough to bring the brine in contact with the small particles of butter. The butter is then removed from the churn, and only worked enough to remove the surplus brine and shape the butter into rolls or prints for packing. In this way the grain is not injured, and the good qualities of the butter are preserved in all their integrity, constituting what is known as "gilt-edged" butter. Of course, all steps in the process are taken with due regard to what is required to secure the desired product, proper temperature, proper cleanliness, and proper deliberation and accuracy in everything.

## A PLEA FOR THE HOUSEKEEPER.

—:o:—

IONCE read in an American paper some verses which were intended to be comic, but the meaning of which, to my mind, was sad enough. They began with the lines—

"There was an old woman who always was tired,  
She lived in a house where no servant was hired."

I forget exactly how they went on, but they told the daily work of this old woman from getting up before daylight to kindle the fires, to scrubbing the floor, washing the dishes, cooking the meals, mending the clothes, and doing the thousand and one other things which constitute the necessary household labours. At last, utterly worn out, she found herself on her deathbed and addressed her relations and friends in a self-congratulatory way in these words—

"Don't grieve for me now, and don't grieve for me never,  
I'm going to do nothing for ever and ever."

Doubtless many a weary housekeeper shares this view of paradise, and in the hurry and worry of the present, earnestly longs for a time when she may be able to "do nothing for ever and ever," for there are unfortunately a very large number of women who have the misfortune to be always tired. Whether or not the house can boast one or more servants if the family is large and the money not plenty, and the money not plenty, the "house-mother," as the Germans call her, will always have her hands full. Early in the morning baby wakes her up, and he must be comforted and soothed before he can be washed and dressed, an operation which no good mother would like to leave to a servant. Then she must make her own toilet, and be ready and smart and cheerful to look after the breakfast for husband, who is in



a hurry to be off to business, and will grumble if it is a minute late. Hardly a word is to be got out of him for he is bent on devouring his newspaper with his coffee, and woe betide if a cry from the baby, or a noise made by the other children disturb him at this occupation. Well, he has gone out, and now the elder children have to be given their breakfast, their books packed up in straps, a final touch put to their toilets, and they are sent off to school. Then she must see that the rooms are put in order, and perhaps help make the beds, or, if it is Monday, look out the wash; by the time these things are done, preparations for the children's dinner have to be made, and when that is over and cleared away, there is plenty of sewing to do to occupy her till their tea time, the baby, of course, claiming much attention in the meanwhile, and the next youngest clamouring to be amused. After the children's tea, baby is put to bed, and then the husband's evening meal must be got ready, and the best smile that can be summoned up to the tired face put on to receive him. Thus she toils on every day from year to year, mending the children's clothes, washing and dressing them, sometimes teaching them, ordering and often preparing their meals, seeing that the house is kept clean, brushing Lizzie's hair, plastering Jack's face, damaged in a schoolboy fight, scolding Tom for teasing Mary, rebuking Jim for putting out the eyes of Bessie's doll, and nursing all of them through the measles and other diseases incident to childhood. No change from day to day, but perhaps a change of worries, no time for amusement, none to read a book, or keep up the accomplishments, such as drawing, singing, or playing on some favourite instrument, which formed so large a part of the occupations of life before marriage. Such is the true but monotonous picture of the life of too many "house mothers." Many a woman, like Dan's wife in the poem of that name, is worn out by the labours and cares which, though unnoticed by those about her, "every-day work," "commonplace duties," as they are called—none the less sap her vitality, shut pleasures out of her life, reduce her to a state of constant uncomplaining despondency, impair her intelligence, and make her prematurely old. Men are too apt to think slightly of household work to exclaim that they "can't imagine what women have to worry them, and always be so busy about," for women have nothing really to do; but they would think differently if they attempted to do the work of a "house-mother" in a large family of small children, even for a day; it would be well if they would only try it, for then they would have more sympathy with that overworked individual, and not feel so aggrieved if she looks dull, or is a trifle irritable when the lord and master returns and wants his share of her attention.

Under circumstances such as I have described, and which are, unfortunately, exceedingly common, an angel would not be able to keep always cheerful and preserve an unruffled temper. The changeless and hopeless monotony of such an existence, the hurrying over meals so as to be able to serve the others, the deprivation of fresh air and sunlight, give rise not only to indigestion with its attendant evils, or debility from want of sufficient food, but also to a general condition of nervousness, which renders every worry a thousand times harder to bear, magnifies every trifling fault on the part of children or servants into a serious peccadillo, and every little ailment into a cause for grave alarm. This condition not rarely progresses into insanity, with suicidal tendencies, or the feeling of weakness and depression gives rise to a craving for stimulants, so that a habit of drunkenness is induced, or more commonly a habit of fretfulness is established which darkens the home, makes the children's and servant's lives a misery to them, and drives the husband and father to seek brightness and gaiety elsewhere.

There are many such unselfish women in the world who bring about the most disastrous consequences for themselves and those they love best, simply by means of their neglect of self; and on these it is necessary to impress the fact that the care of self is one of the most important matters if they are to really do their duties towards others. The woman who sacrifices herself to her family and goes down to an early grave, or becomes an inmate of a lunatic asylum through her devotion, may be a heroine,

but she is not a comfortable person to live with, nor has she done her duty in the best possible way.

In the first place the newly-married wife must be careful not to acquire habits which will tend to impair her health, bodily and mental in future years, when the full cares of the house-mother come upon her. Her new home may be fascinating enough, and she may love to be always occupying herself in it, rearranging furniture, making new things, devising tempting dishes for the husband when he comes home, and perhaps stitching away at tiny garments for which she hopes are very long to find a use. But she must not allow inclination or idea of duty to keep her always at home, she must take a daily walk, visit her parents, and above all not neglect her old friends, or fail to make new ones. If she once begins to isolate herself from companions of her own sex, she will have good cause to regret it afterwards. She should invite such neighbours as she may think suitable to take tea with her, or bring in their needle-work to sit with her and chat for an hour, and return their visits in the same way. She should get friends of her own age to join her in different excursions, a few hours in the country, a visit to a museum or exhibition, a concert, a lecture, or an afternoon performance at a theatre. Thus she will get a change of ideas, and not only be more bright and cheerful when her husband comes home in the evening, but also will have something fresh to talk to him about, and be able to draw his mind off the worries of business with her merry chatter as to her day's occupations.

A great deal of enjoyment may be obtained in this way at a very little cost, and a true woman can even get a great deal of pleasure out of an excursion with a friend to "look at the shops" and criticise the last new thing in bonnets. Then in the evening husband and wife should not always stay at home till conversation flags, and they are on the way to grow tired of each other's company. There are many places of amusement to which they can and should go, for a change, at very little cost; or they should "drop in" on friends where they know they will be welcome, and whom they will in their turn receive with pleasure. Such friendly visits must not be made an occasion for expense. A cup of tea and a few biscuits, watercress, sandwiches, or rolled bread and butter, cost little, and are quite sufficient in the way of refreshment; while, in the case of supper, substantial additions may be made in the form of cold meat, or fish and cheese, or any little dishes which are cheap and easily prepared, numbers of which are described in these columns. But the custom of bringing out wine and spirits when visitors come should never be begun: there is no good in it, and the expense is considerable.

Then, again, while the husband is out during the day, the wife must not neglect her own meals. So many young wives when alone confine their diet to tea and bread and butter, sweets, pastry, or such-like trifles, which stay the appetite but do not nourish the system, and eventually ruin the digestion. She must have a proper mid-day meal of meat, fish, eggs, or something equally substantial; and if she does not care to eat alone, as is the case with many, she can arrange with some friend to lunch alternately at each other's houses, and thus both will enjoy their meals better at no extra cost. If, however, she eats alone, she must be careful not to fall into the habit of bolting her food, which is so easily acquired by people who have no one to talk to during meals. Conversation and laughter, it should be remembered, are the best digestives.

When with the advent of children the family cares increase, the household becomes larger, and the work greater, there is all the more necessity that the house-mother should give attention to her own well-being. She must not fall into the error of hurrying her meals. She must have outdoor exercise, however difficult it may be to spare the time. If it is only to take the elder children to school and fetch them, it is better than nothing, and instead of sending a servant to do the marketing she should do it herself. She will thus get air and some little change of scene, and will find she saves much money by buying herself what is required, as she will thus obtain a knowledge of the current prices, so as to buy in the cheap-

est market, and will be able to get exactly what she wants. To allow tradespeople to come for orders is a very extravagant plan, and to send a maid to buy the things is worse; for as a rule servants buy the dearest things, thinking it looks grand to do so, and in any dispute as to price we find they always side with the tradespeople (their own class) against their mistress.

However multifarious the duties of house-keeping, the house-mother should endeavour not to give up her former friends, and to obtain as much change as possible in their society. If she is a good manager, she will be able to do this without neglecting her household duties. It is a good plan to leave all the sewing till late in the afternoon, and get a friend to sit with you while you do it, or take it into her house to do. The sitting at work and chatting rests you, and enables you to look and feel brighter when your husband comes in.

When he has had his evening meal, and the children are all in bed, is the time for amusement. No work must then be got out, unless he likes to smoke and talk while it is going on, or read to you while you do it; but home evening occupations should always be made to alternate with evening visits and outdoor amusements, and even a late stroll through the gas-lit streets is often pleasant, and will lead to a sounder night's rest than if both sat at home all the evening.

The wife should endeavour to share the husband's pleasures as well as his troubles, and remember that his love may best be retained, and his life made most happy, by keeping herself well and young-looking, her face and her home bright and gay.

## USEFUL HINTS ABOUT POTATOES.

—:O:—

MEALY potatoes are more nutritious than waxy, because the former contain the greatest quantity of starch. Thus a microscope shows a potato to be almost entirely composed of cells, which are sometimes filled, and sometimes contain clusters of beautiful little oval grains. Now those little grains remain unchanged in cold weather, but when the water is heated to about the degree that melts waxy they dissolve in it, the whole becoming a jelly, and occupying a larger space than it did in the form of grains. When a potato is boiled each of the cells becomes full of jelly, and if there is not a great quantity of starch in the cells it will not burst; but if the number of grains, or their size, be very great, the potato is broken on all sides by the expansion of the jelly in the cells, and mealiness is produced. To insure mealy potatoes, peel them and put them on the fire in boiling water; when nearly done drain them, put them on a dry cloth, cover them closely, and set them near the fire for five minutes. In time of frost the only precaution is to keep the potatoes in a perfectly dark place for some days after the thaw has commenced.

RECREATION IN THE OPEN AIR.—All women should spend some part of the day in the open air. The manner in which this necessity is ignored is well illustrated by the story of the young woman who, with her brother, entered as a student at one of our great universities, but whose health failed before she had completed her course, while the brother remained strong and well. The fate of this girl was for a long time used as an argument against the ability of women to endure hard study. At length a person who was in the habit of insisting that it takes two and two to make four, began looking for the missing integer in this case, and here is what she found: This poor girl had not only kept abreast of her class in her studies, but she had prepared all the meals for herself and her brother; her evenings and holidays (!) had been spent in mending, washing, sweeping, &c.; indeed, every moment which she could spare from her books had been thus occupied, while her brother was off with the "rest of the fellows" on the ball-ground, in the woods, away on his bicycle, or otherwise having a good time. What wonder that her life-currents dwindled and failed, while his ran high and strong?



## FACTS AND SCRAPS.

—O—

## ECONOMICAL COOKERY.

The following recipe for a cheap dinner is given by an American contemporary:—"Go to the market and beg a beef-bone from the butcher; steal a couple of parsnips and half a dozen potatoes from the green-grocer's cart. Get your grocer to trust you half a pound of rice, borrow from your neighbour a cupful of flour, from another neighbour a lump of coal; put your bone into a quart of water, and let it stew slowly. Slice your potatoes and parsnips, get an onion somewhere and slice it also; put in these with the bone. Stew two hours, and add your flour. Simmer twenty minutes and serve. This dinner will supply a father and mother and twelve children, and there will be enough left for four tramps. Cost, one-hundredth part of a cent. for a match to light the fire with. Who would be poor?"

## TO CLEAN TABLE LINEN.

Always take the table-clothes from the line while still damp, repeating the shaking and snapping process as long as the time and strength will permit. If allowed to become perfectly dry on the line, there will be wrinkles in the table linen that it will be difficult, if not impossible, to iron out. Care must be taken as to how they are hung up in the first place. Do not let them be dragged all out of shape by hanging by a single clothes-line, or being thrown over the clothes-post, making a projecting corner that will be next to impossible to get out without wetting the cloth all over. When they have been thoroughly shaken, join them evenly on a straight, firm line. Take care that the pins are clean, and the line as well. They should never be allowed to whip or flap in a high wind. Fine linen is often seriously injured from this. A quiet day and a bright sun is the best time for doing fine goods of this sort. Never dry them indoors, or by the fire if it can be avoided. They cannot smell as clean, and have the "exquisite odour of clean clothes" that a famous knight of old preferred to all other perfume. Every housekeeper should examine the table linen for fruit stains, which will become fixed if they are put into suds. Place the stain over a bowl and pour boiling water through it from the kettle; it will remove it at once.

## AMMONIA.

There are very many articles with which every housekeeper is familiar that can be made helpful in many ways, and some that can lighten labour wonderfully, if their modest excellence were better understood; and none can be used for so many purposes, with great success and entire safety, as *ammonia*. Most of our housekeepers think of it as only to be used "in smelling bottles"—as our grandmothers used to call them—for faintness and headache. But let us enumerate some of the ways in which, if properly applied, it can make many kinds of labour easy over which we now groan and are troubled.

A quart of concentrated spirits of ammonia costs a mere trifle. This is the strongest form—so very powerful that one should be very careful in removing the stopper—which should be of glass—not to inhale the fiery vapour, as it would be dangerous. To prepare this for common use, or like that generally found at chemists, mix one quart of alcohol with one quart of soft water; shake well together, and then add the quart of concentrated ammonia, and for a trifle you have three quarts of one of the most useful compounds to be found.

To remove grease spots, put half a teaspoonful of this ammonia to half a tablespoonful of alcohol; wet a bit of woollen cloth or a bit of soft sponge in it and rub and soak the spot with it, and the grease, if freshly dropped, will disappear. If the spot is of long standing it will require several applications. In woollen or cotton the spot may be rubbed when the liquor is applied, and also in black silk, though not hard. But with light or coloured silk wet the spot with the cloth or sponge with which the ammonia is put on, patting it lightly. Rubbing silk, particularly coloured silk, is apt to leave a whitish spot almost as disagreeable as the grease spot.

For trousers, coat collars, and woollens nothing cleanses so quickly and so thoroughly.

For grease spots on carpets it is unequalled. It will not injure the most delicate colours. It is well to rinse off with a little clear alcohol.

For ink spots on marble, wood, or paper, apply the ammonia clear, just wetting the spot repeatedly until the ink disappears. For cleansing the hair, a few drops in the water with which the hair is washed leaves it bright and clean. Rinse with clean water after, as ammonia has a tendency to dry the hair.

A few drops of ammonia put into a little water will clean a hair-brush better than anything else, and does the brush no harm. If very dirty, rub a little soap on the brush. After cleansing rinse in clean water and hang up the brush by the window to dry. Do not let the bristles rest on any hard substances while wet. It is better to tie a string round the handle and hang up.

Ink spots on the fingers may be instantly removed by a little ammonia. Rinse the hand after washing it in warm water. A little ammonia in a few teaspoonfuls of alcohol is excellent to sponge silk dresses that have grown 'shiny' or rusty, as well as to take out spots. A silk—particularly a black—becomes almost like new when so sponged. For cleaning jewellery there is nothing like ammonia and water; if very dull and dirty, rub a little soap on a soft brush and brush them in this wash; rinse in cold water, dry first in an old silk handkerchief, and then rub with buck or chamois skin. Their freshness and brilliancy when thus cleaned cannot be surpassed by any compound used by jewellers.

## INSECTS AND VERMIN.

Dissolve two pounds of alum in three quarts of water. Let it remain over night until all the alum is dissolved; then with a brush apply boiling hot to every joint and crevice in the closet and shelves where bugs, ants, or other insects intrude. Brush all the joints and crevices of bedsteads; brush all the cracks in the floor; keep it boiling while using. This is vouched for by the *Journal of Chemistry*, but many have tried cayenne pepper and found it so effectual as to have no occasion to try the above. A strong boiling hot tea of cayenne pepper, used with a brush as recommended above, and when dry, the powdered cayenne blown into rat holes and cracks, will prove a warmer reception than ants, bugs, and rats, will wish to try a second time.

## TO PREVENT COCKROACHES EATING WALL-PAPER.

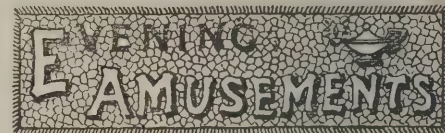
"We," says Mrs. Beecher, the sister of the late lamented H. W. Beecher, "have so far escaped any such infiction, and can give no direction from our own experience; but we have often seen it stated that carbolic acid, stirred into whitewash or paste, will effectually rid a house of cockroaches and other vermin that often infest the walls of old houses and destroy the paper. Paste, if made in hot weather, and left a little too long unused, will become sour, and when put on the walls will be for a long time very offensive. Good paper-hangers claim that carbolic acid mixed with the paste will entirely destroy this unpleasant odour, as well as keep insects from eating the paper."

## STAINS AND SPOTS.

Any article stained, either with fruit, wine, ink, or mildew, must first be wet in clear cold water. If it is of material that it is not best to wet all over, lay the place stained on a clear skirt or shirt board, wet a clean towel or sponge in cold water, and gently sponge or wipe the stain till quite wet. After this apply a lotion made of one tablespoonful lemon juice, one of the purest cream tartar, and one teaspoonful of oxalic acid; put all into a pint of clean rain water; shake it often while using it. Apply with a soft cloth till the spot is saturated with the lotion, then sponge it off again in clean cold water. Repeat till the stain disappears. If this lotion is used very soon after the article has been stained, it will at once remove the stain. After it has been dried in it is more difficult to efface. If the article cannot be washed after using this mixture, white currant juice is better than the lemon. This preparation can be easily used on the most delicate articles if carefully sponged off as soon as the spots disappear. As oxalic acid is deadly poison, it is not wise to prepare more than will be used at one time.

## PAPERING WHITEWASHED WALLS.

There are many ways, but we mention the most reliable. Take a perfectly clean broom and wet the walls all over with clean water; then with a small sharp scraper scrape off all the old whitewash you can. Then cut your paper of the right length, and, when you are all ready to put on the paper, wet the wall with strong vinegar. Another way is to make very thin paste by dissolving one pound of white glue in five quarts of hot water, and wash the walls with it before putting on the paper. A very good way is to apply the paste to both paper and wall. The paste may be made from either wheat or rye flour, but must be put on warm.



## OUR SPHINX AND PUZZLE PAGE.

—O—

Please to write "Sphinx" outside all letters intended for this department.

## DECAPITATION.

1. Behead an animal, and leave an important part of man.
2. A hard substance, and leave a musical term.
3. A portion of a chain, leave an indispensable article for a printer.
4. An article in constant domestic use, and leave what you should never be at school.

## CHARADE.

I'm little, I'm big, and weak and strong,  
Oval, square, round, and sometimes long.  
I'm made of stone, glass, brick, or wood.  
And sometimes marble, snow, or mud  
My uses, too, are quite as varied,  
Engaged by single men and married.  
Dogs, sheep, or oxen; horses, asses,  
Enjoy my shelter, also lasses.  
In every clime, in every age,  
Alike by peasant, fool, and sage;  
But Englishmen their rights defend  
By calling me their strongest friend.

## ANSWERS TO "OUR SPHINX," OF No. IX.

DOUBLE ACROSTICS—I. The words, Pen-Ink. The letters: 1, Pestolazzi. 2, Explanation. 3, Nook. II. Words: Camp-Bell, Campbell. Letters: 1, Cub. 2, Apple. 3, Medal. 4, Fill.

## ENIGMA—Sole, soul.

DECAPITATIONS AND CURTAILMENTS—S-tripe-e, A-sting-e, B-elate-d, S-tree-t, E-lop-e.

DECAPITATIONS—P-reside, W-assail, C-raven, S-troll, L-awful, F-log.

## WORD SQUARE—

A G A T H A  
G U S S E T  
A S S E R T  
T S E T S E  
H E R S E S  
A T T E S T

WORD CHANGE—Warm, Ward, Word, Wold, Cold.

## DIAMOND PUZZLE—

S  
M A P  
P A N E L  
M A N D R E L  
S A N D P I P E R  
P E R I L E D  
L E P E R  
L E D  
R

CROSS-WORD ENIGMA—I. Lesseps. II. Her-ring.

HIDDEN ANIMALS—Camel, Reindeer, Chamois, Bison, Tapir.

METAGRAM—I. Manning, Banning, Canning, Fanning, Tanning. II. Beck, Deck, Geck, Heck, Neck, Peck, Reck.

DROP-LETTER PROVERB—"Handsome is that handsome does."

CHARADE—I. Doubtless. II. Starling. III. Carpentry.



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# THE COOK & HOUSEKEEPER

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FOR EVERY HOME



No. 13. VOL. I.

SATURDAY, MAY 28, 1887.

PRICE ONE PENNY

THE AMERICAN EXHIBITION, EARL'S COURT, KENSINGTON.

## RUG AND EMBROIDERY MACHINES.

THE American Exhibition possesses so many attractions that it cannot fail to be a success. In strolling through the main avenues we were struck with the number of exhibits which have yet to be placed on their respective stalls; in short, it would be in vain to deny that the Exhibition proper—if we may so term it—is in a very incomplete state, and it will be some time before it is finished. Nevertheless there are a number of novelties which will be found interesting to the public, such as: Type writers; a convertible wire basket to hold flowers—after which it can be converted into a lamp-shade, a cake basket, an egg boiler, &c.; the black auto-copyist; type-writers for the million; fire extinguishers; the "Boss" filter; atmospheric churn; together with a regular army of sewing machines and other articles of special interest, one of which forms the subject of illustration in our front page. It would appear that this class of machine is very prevalent in the United States; small wonder, seeing the amount of work one can get through in a few hours by making use of the RUG AND EMBROIDERY MACHINE or another of a similar description called the fabric tufter. Both these machines or instruments are used for the purpose of working coloured wool or yarn on canvas. By the aid of them elegant hearthrugs and every description of woollen mats may be made with ease and rapidity at a very small cost and a very little amount of manual labour. We are not indulging in hyperbole when we say that either of these machines will turn out a moderate-sized mat in an hour or two, which, without their aid, could not be produced under a day and a half. The old method of working mats and rugs by the ordinary Berlin wool work as it was termed, was both tedious and unsatisfactory; it was at one time the rage, but has long since become a thing

of the past. Our advice to our subscribers is to try the Tufter or Rug and Embroidery Machine. Both these instruments are so simple and safe that they can be successfully used by a lady or child for making all kinds of fancy work. They are admirably adapted for tufting, with yarn or strips of cloth, all kinds of flowers, animals, and fancy designs in general

for rugs, hoods, mittens, dusters, cushions, and all kinds of work that requires different colours. It is only a waste of time to spend weeks to do the above-mentioned work with a common hook or needle, when the same work can be done to perfection in less than a tenth the time by using the instrument represented in our illustration; it requires no skill to use it, as it regulates its own stitch, and is easily guided round any curve without changing the position of the hands. Visitors to the American Exhibition should inspect these machines, as they are a novelty in this country, and, as far as we can see, they would be a most useful adjunct to any household. The price is moderate, being only a few shillings. Both the Tufter and the "Boss" Novelty Rug and Embroidery Machine are inventions first patented in Ohio, U.S.A. Ohio is the seat of an immense domestic commerce, and is the first State in the production of wool; among its special products are flax and grapes. The State is interlaced with a network of railroads. Cincinnati is the metropolis of the Ohio Valley, and is distin-

guished for its beautiful suburbs, pork-packing establishments, and manufactures. Facetiously it is sometimes called "Porkopolis." Cleveland, Sandusky, and Toledo are all large lake-ports, with extensive commerce. The State was the first carved out of the North-West Territory, which, until 1787, was a vast uninhabited region north of the Ohio River.





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SATURDAY, MAY 28, 1887.

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(ARRANGED ALPHABETICALLY.)

—C:—

**Chicken** (Blanquette of Chicken with Cucumbers).—Prepare the chicken as above; pan in batter some cucumbers cut in pieces; put them in a little consommé, which reduce; reduce about half a pint of velouté, with a few trimmings of cucumbers; pour this through a tammy over the fowls; set it on the fire, and as soon as it bubbles add a liaison of three yolks of eggs; work in a little butter and lemon juice; drain the pieces of cucumber on a cloth; throw them in, and serve them in a vol-au-vent, or garnish it with flowers of puff paste raised.

**Chicken** (Blanquette of Chicken with Mushrooms).—Raise the flesh of a cold fowl; take off the skin and nerves; cut the flesh in scallops, put some velouté in a stewpan with half a pint of mushrooms, skinned and sliced; reduce this sauce very thick, add enough cream to make it very white; throw it over the scallops of chicken, to which add a few mushrooms.

**Chicken Broth**.—Cut up an old hen to a stewpan with about three pints of water and a few blades of mace; put it on the fire when it begins to boil; skim it thoroughly, and add a little water to stop it boiling. When it begins to boil again skim it, and draw it to the corner of the stove to boil for half an hour, when strain it through a fine napkin; fill the stewpan up again, and let it boil two hours; then strain it off for use.

**Chicken Curry**.—Cut up a chicken into ten pieces, that is two wings, two pieces of the breast, two of the back, and each leg divided into two pieces at the joint; then cut up a middling onion into very small dice, which put into a stewpan with an ounce of butter and a small piece of garlic, stir them over the fire until roasted well; then add two teaspoonsful of curry powder and one of curry paste, which will mix in, then add half a pint of good broth, let it boil up, then lay in the pieces of chicken, cover it over, and put it to stew very gently for half an hour, stirring it round occasionally; if getting too dry add a little more broth (or water). When done the flesh should part easily from the bones, and the sauce should adhere rather thickly; season with the juice of half a lemon and a pinch of salt, and serve with plain boiled rice upon a separate dish. Ducklings can be cooked in the same way.

**Chicken, Roast**.—Having emptied the fowl and cleaned the gizzard, cut the skin of the wings and put the gizzard and liver through it, and turn the pinion under it; put a skewer through the first joint of the pinion and the body, coming out at the opposite side, and bring the middle of both legs close up to it; run a skewer through the middle of both legs and another through the drumstick and side bone and out through the skin of the feet, the nails of which must be cut off.

**Chicken, Plain Boiled**.—Put two quarts of water into a stewpan on the fire, two ounces of butter, and a tablespoonful of salt and a few vegetables; when boiling rub the breast of the chicken with half a lemon, and put it in to simmer from a quarter of an hour or twenty minutes; if a large fowl increase the quantity of water and boil longer, sauce over with parsley and butter, or celery sauce, or any of the above; use the broth.

**Chicken Pie**.—Cut up a nice plump chicken into joints, which lay upon a dish, and season lightly with chopped parsley, white pepper, and

salt; then lay them back, cut into pieces, at the bottom of the pie-dish, with the two legs on either side. Have half a pound of cooked meat or bacon in slices, a layer of which cover over them; then lay in two wings, and over them the breast (cut in two pieces), which, with the remainder of the bacon, form into a dome in the middle; pour half a pint of white sauce over if handy, and bake as directed for the last. If no white sauce, dip each piece lightly in flour.

**Chicken Pie with Oysters**.—Boil the chicken until almost done; it will finish cooking in the pie. Make as much gravy as the size of the fowl will warrant; add half a cup of milk, season and thicken it. For the crust to a large pie take one quart of flour, two teaspoonsful of cream-tartar, one of soda, one level teaspoonful of salt, and three small tablespoonsful of butter, pressed down and made level with a knife. The cream-tartar, soda, and salt may be sifted with the flour, and the butter rubbed into it. It will need nearly a pint of milk and water or all milk for mixing. Roll the dough out just large enough to fit the top of the baking-dish; place the chicken in the dish, which must be hot; scatter the raw oysters among the pieces of chicken, pour over all enough gravy to fill the dish to the depth of one inch, and cover it with the crust, which must be pressed against the edge so that it will adhere. Cut a round piece of dough from the centre for the steam to escape, and bake half an hour. Serve with the remainder of the gravy.

**Chickens, à la Cardinal**.—Introduce some quenelle forcemeats, coloured quite red with lobster butter, between the skin and flesh of a fine fat chicken; you will raise the skin without injuring it with the handle of a silver tablespoon, forcing it carefully between the skin and the flesh. Truss them as for plain boiling, finish as shown for capon and rice, and serve with a lit le financière, with the sauce coloured or tomato sauce, or a white poivarde coloured with lobster butter.

**Chickens, à la Daube**.—Roast two half-grown chickens; cut off the legs and wings, pull the breast from each side entire; take the skin from all the pieces, and cover it with jelly.

**Chickens, à la Tartar**.—Truss, marinade, and broil the chickens as broiled chickens the Italian way. Serve under them sauce à la Tartar.

**Chicken Broth**.—Put the bones and about one pound of lean meat of the chicken into a saucepan with three pints of water. When it comes to a boil skim well. Simmer three hours, and strain and salt. A little rice or tapioca boiled with it is an improvement.

**Chicken Broth**.—Cut up an old hen into a stewpan with about three pints of water and a few blades of mace; put it on the fire; when it begins to boil, skim it thoroughly, and add a little water to stop it boiling. When it begins to boil again skim it, draw it to the corner of the stove to boil for half an hour, then strain it through a fine napkin; fill the stewpan up again and let it boil two hours, then strain it off for use.

**Chicken Broth for Invalids**.—Take half a fowl, make up a bunch of sweet herbs in a faggot, add a blade of mace, half an onion, salt to taste, ten peppercorns. Put the meat into a saucepan with all the ingredients and a quart of water, simmer gently for an hour and a half, carefully skimming the broth well. When done strain and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may be required, and serve with a little toast.

**Chicken, Fried**.—Cut up the chicken neatly; lay them in a large panful of cold water half an hour to extract the blood. Then drain, and put in just enough boiling water to cover them; season with pepper and salt, and parboil for twenty minutes. Fry crisp, and brown some thin slices of salt pork. When the chicken is sufficiently parboiled drain it from the water, and lay each piece in the hot pork fat. Dash over some flour, and fry the chicken a clear brown, turning each piece when sufficiently brown. When done on both sides lay each piece on the platter neatly, and set where it will keep hot, but not dry. Shake from the dredge-box into the hot fat enough flour to absorb the fat. Do not stir it till all the fat is saturated; then with a spoon stir smooth, and pour in, little by little, enough of the water in which the chicken has been parboiled to make what gravy you need.

**Chickens** (Legs of Chickens as Ducklings).—Take some legs the skin of which has not been cut in raising the fillets of the birds; cut away the bones above and below the knee within an inch of the joint; the part below is intended to form the beak; spread the legs out and fill them with a stuffing composed of fat livers, truffles, and mushrooms, or a little faice; shape them like the neck of a duckling at that end where the part of leg bone sticks out; sew them up, put them into a stewpan on a slice of bacon fat; put a slice of lemon on each, and a slice of bacon fat on this; moisten with a little consommé; place the birds with the necks towards the sides of the stewpan; on the bodies you will then be enabled to place a flat-bottomed mould with a weight in it; between the bacon and the mould place a sheet of buttered paper; when done, drain them and wipe them with a cloth; take out the threads; in both sides of each bird fix a large claw of crayfish, to imitate wings, or a piece of fried bread cut to the proper form. Dish them, and serve them in stewed peas, endive, sorrel, tomato, green Dutch sauce, or a cardinal sauce, which is merely a sauce tournée coloured with lobster butter.

**Chickens' Members à la Crème**.—Braise the chickens, cut them up, and mask them with a cream sauce, and garnish them with streaky bacon well boiled and glazed.

**Chickens' Members and Tarragon Sauce**.—Truss and braise two chickens, cut them up in members, take off the skins, dish them, and mask them in tarragon sauce; garnish with streaky bacon well boiled and glazed.

**Chickens' Members with Tarragon Aspic**.—Prepare and dish the chickens, cut some tarragon leaves in lozenges, and blanch them very green. Keep them in cold water, and just before serving putting them in aspic, with which mask the chicken. Garnish with bacon and puff paste flowers glazed.

**Chickens** (The Dutch Way).—Roast two chickens with a few slices of lemon on the breasts; when done, drain and dish them; put an ornament of bread at the rumps, and mask the rump end with Dutch sauce, coloured green.

**Chickens** (The Italian Way).—Pass a knife under the skin of the back, and cut out the backbone without injuring the skin or breaking off the rump, draw out the breastbone also, breaking the merry thought; flatten the fowl and put two skewers through it. Put it into a marinade of oil, sliced onion, eschalot, parsley, thyme, and bay leaf, spice, pepper, and salt, in which let them be a few hours; broil them before the fire; when done dish the fowls, garnish them with West Indian pickle. Serve them under a brown Italian sauce with a few onions in it.

**Chickens** (The Venetian Way).—Truss the birds; pass them, with butter, into a stewpan, moisten with white wine and broth in equal quantities; add a seasoned faggot, very little garlic, two cloves, salt and pepper; let them simmer gently. Take them off when done. Pass the moistening through a sieve, add, to thicken it, a little butter kneaded with flour, a small piece of glaze, a little cayenne and salt. Pour the sauce on the chicken and cover the sauce and the chicken broth with two spoonfuls of grated Parmesan cheese, put a few bread crumbs and drops of clarified butter on this, and set the whole on a baking sheet in the oven. Let the fowls be well browned, and serve under them a Spanish sauce with wine, or a sharp sauce.

**Chicken Pie**.—Cut the chickens into joints; blanch them with boiling water; season with pepper and salt, a mixed teaspoonful of chopped mushrooms, parsley, and onions, or a larger quantity of this seasoning can be used; add a few slices of bacon or ham. A layer below and one above the chicken arranged in the pie dish is best. Fill up with veal gravy, seasoned with a few mushrooms; put in the yolk of six hard-boiled eggs. Cover with puff paste, and bake rather more than an hour.

**Chicken, Potted**.—One quart of cold roasted chicken, a cupful of cold boiled ham, four tablespoonsful of butter, a speck of nutmeg, and two tablespoonsful of salt. Free the chicken of skin and bones. Cut it and the ham into fine pieces. Add the butter and seasoning, and keep in stone pots. Cover them.

**Chicken Soup**.—Boil two chickens in your veal consommé; when done, but not too much, put them by to cool. Wash and blanch a quarter of a pound of the best rice. When thus prepared stew it in a quart of consommé in which



the chickens have been boiled; into which, when the rice is done, put your chickens, cut up into pieces and skimmed; add three pints more of the consommé; just boil the whole up and skim it well; add a little salt if necessary.

**Chicken Salad.**—A good deal of nonsense has been written about chicken salad. The mysterious and misleading recipes found in French cookery books do not help matters, but simply add to the confusion. Nothing can be more simple than to mix a little nicely cut up chicken and celery together with a tablespoonful or two of mayonnaise. Put this in a salad bowl, arrange neatly, and over all pour a mayonnaise. Garnish with celery and hard-boiled eggs. Use a little more celery than chicken, or tear a few leaves of lettuce; put it in a salad bowl; cut up half a cold boiled chicken (not a stringy old hen), add it to the lettuce, pour over the salad a sauce remolade, and garnish neatly. For large parties, and when the chicken is apt to become dry after cutting, pour over it a plain dressing; let it stand half an hour, then squeeze it gently. Put on a few platters a bed of lettuce, add the chicken, and just before the guests are announced pour the mayonnaise over the chicken, having previously garnished the salad with hard-boiled eggs and pieces of beet in diamond shapes. In ancient times the fairest and youngest lady at table was expected to mix the salad with her fingers. *Retournez la salade avec les doigts* is the French way of describing a lady to be still young and beautiful.

**Chickweed, or Alsine.**—A well-known garden weed forming in beds in neglected gardens. Gather the plant when young, wash it well, add a few either wild or cultivated sorrel leaves, pour over them a brown dressing, and serve.

**Chicory** is a hardy perennial plant, often proving a troublesome weed in lawns, pastures, and mowing land. It is cultivated as a salad plant. The roots are long and tapering, and should be grown in rich, mellow soil, thoroughly stirred either by plough or spade to the depth of ten or twelve inches. The seed should be sown in April or May in drills fifteen inches apart and three-fourths of an inch deep. When young the plants are two or three inches high. Thin them to eight inches apart.

**Chicory Salad.**—Wash, drain, and dry two heads of chicory. Cut off the green ends and use them as a garnish, or boil them as greens; cut the root ends from the bleached parts, examine each leaf carefully, put them in a salad bowl; chop up a few leaves of tarragon and three or four sprigs of chervil; mix a plain salad dressing, toss all together lightly, and serve; a very little onion may be used in this salad.

**Chives.**—The chive has the flavour peculiar to the onion family in a mild form, and is excellent in spring salads if used moderately. It can be cultivated easily at home, and will keep fresh and tender a very long time. By the addition of a few blades or leaves to a salad you have the historical "suspicion of onion" so often desired by the epicure. Avoid over seasoning; your own palate is not always a guide for others.

**Chocolate Cakes.**—Grate eight ounces of chocolate, mix with it four ounces of finely-sifted flour, twelve ounces of castor sugar; whisk the whites of five eggs to a stiff froth; and beat it well with the chocolate, flour, and sugar; drop on a buttered tin and bake.

**Chops, Lamb.**—Select a fine loin of lamb with the kidney in it, trim off the flap, and with a very sharp knife cut your chops from half to three-quarters of an inch in thickness, cutting about eight chops from the loin, three of which should have a piece of the kidney attached. Also, cut two chops from the chump, which are very excellent eating, although clumsier in shape. Lay three of them upon a gridiron over a rather brisk but clear fire, for if smoky it would either spoil the look or flavour of the lamb; and when just warm through season upon each side with a teaspoonful of salt and a quarter of that quantity of pepper; broil of a nice yellow colour, and serve with fried parsley over if convenient, or lay some nice mashed potatoes upon your dish, and serve the chops upon it.

(To be Continued.)

A MIXTURE of decidedly different flavours ought never to be attempted unless the result be a close imitation of some other well-known flavour.

## FASHION NOTES.

—:O:—

SPRING has well set in, and most people are ready with their new costumes; but for the few tardy ones we will give hints of some of the latest Paris fashions.

Grey is the colour of the season, and is of many tints—some of the materials in a grey and white mixture are charming. With a tailor-made gown, waistcoats look very well made of whipcord corduroy, either white, stone, or drab, buttoned from the neck to the waist. Gowns are nearly always made of two materials, a plain and a fancy, either striped or figured; the plain sometimes forms the back of the gown, and the figured the front, or the order may be reversed. The Scotch tweeds in tiny lines and woven checks in two shades of grey, brown, and drab, also checks formed by red, white, and blue threads on grounds of old red or blue, make very neat and stylish gowns, and are very much favoured by Frenchwomen. A dress made of two materials, with the front different to the back, is always draped so as to appear as if the garment of one fabric is worn over one of another. The panels here and there on the skirt represent glimpses of the under dress between slashes in the upper.

A useful every-day dress has a skirt of grey and white check; over this is a skirt of plain cashmere, caught up sufficiently high to show side plaits to the waist formed in the petticoat; a draped bodice with the sleeves and upper part of the plastron made of the skirt material, the bodice is fastened on each side of the plastron, which is only seen at the top, by passementerie plaques terminating in pendants or grelots.

Many spring toilets are made with clinging skirts without drapery, much embroidered and trimmed at the foot, and they are worn with wide crêpe sashes fringed at the ends. The upper part of back draperies are draped in puffs and loops, and always different on the two sides. Very rich materials, such as silks, satins, brocades, are arranged in graceful folds slightly raised, the train hanging in long, sweeping lines. Polonaises are worn made of velvet and gros grained silk. A toilette with the left side of the front from top to bottom of velvet has the rest of the gown made of faille. The velvet front crosses the other front, both bodice and skirt; the fronts are plain, and cut skirt and bodice in one piece, like a princesse dress, but at the back the polonaise is plaited at the waist. The bodice is open above, where it crosses, and is filled in with a plaited fichu, also crossed, made of soft silk or crêpe de chine of a light shade. This style of fichu is to take the place of the bright-coloured plastrons of cloth that have been worn through the winter. Flat white lace or a narrow ruching of tulle may be set in the neck of the fichu. Bodices should always be trimmed so as to cover the front fastenings. A very pretty way of doing this is to arrange a series of folds down the centre, commencing at the throat and ending in a point at the waist, or the bodice fastening at one side under a reverse of drapery and having a centre seam fitting to the figure. When a bodice is fastened so as to leave the front a fitting seam, it may be laced at the back, fastened in front on the cross, or at one side, under one arm, or along the shoulder seam; this latter method is quite a new introduction, and has a good effect with low bodices.

A charming new silk is called "Fleur de Soie;" it resembles Lyons silk, but is finer in texture and more supple. Faille française is worn in combination with striped silks. A novelty in trimming consists in omitting the hem at the edge of a silk overskirt and ravelling the edge for an inch and a half to form a light fringe. Skirts of dresses are also trimmed with fringes a yard wide arranged across the entire front as a tablier, or else forming panels on one side or on both. There are fine jet strands attached to a small band at the top and falling close together, yet separate their entire length.

Passementerie is very much used as a trimming. There are girdles of passementerie made in silk and beads, finished at the lower edge with a row of small grelots; cuffs for the sleeves; a collar and epaulettes are made to match. A very pretty bodice trimming consists of a collar, to which are attached a number of tabs, the one at the middle of the front longer than the rest, and all ending in grelot tassels.

This is arranged flat on a high bodice, with the tabs spreading outward from the collar like the sticks of an open fan; it is made in silk and jet.

A pretty, simple costume may be composed of a plaited skirt of plain navy blue cashmere, over which is draped a long tunic of cashmere to match, traversed by narrow cross-lines of white, while in each of the squares so formed are a dozen or so of red spots, all woven. The bodice is made in the blouse form of the latter material, with tucks run back and front, a crimson velvet collar, and sash-ends of the same hue sewn in at the side seams and knotted over the slightly full front. Costumes are also made entirely of figured materials. A costume of light tan-coloured woollen, traversed by cross-lines of scarlet (so as to be cut up in inch wide squares) has a tailor-made jacket of the same, double-breasted, and fastened with two rows of buttons and knotted cords of the two colours; the skirt, entirely of the checked material, being arranged with plain panels on one side, down the edge of which a similar double row of buttons with cord loops is sewn.

The new veilings, thickly strewn with white specks, are also used for the entire dress, as well as shepherd's plaids, other small checks, and mixtures, which are never chosen as the materials of very smart toilettes.

Some of the most elegant of the woollen costumes are cut in very simple, undraped forms, their distinctive points being the richness and beauty of the embroidery, braiding, or passementerie with which they are ornamented. White cloth gowns are to be worn here this spring, but very richly braided round the bottoms of the skirt and on the back and front of the bodice. For this purpose, braid of one, two, or many shades and colours is used, and the rainbow appearance thus obtained is very effective—prettier, perhaps, on colour than on white, however. Heliotrope may be braided with two shades of the same colour, two of beige, and a little gold; willow, apple, or water-green, with moss-green, brown, beige, yellow, and perhaps orange; cream-colour, with old pink, maroon, and blue, &c.

Several colours are often introduced into embroidery with or without the addition of beads. A moss-green toilette has a faille skirt trimmed round the bottom, with a wide band of velvet embroidered with blue and crimson; upon the front is placed a breadth of the velvet, beneath the sides of which are sewn five breadths of silk, caught up apron fashion at the back beneath a loose pouf; the long, pointed bodice has a velvet yoke embroidered to match the skirt, and embroidered cuffs to the long sleeves.

It seems rather early at present to talk of lawn tennis gowns, but there are already many charming patterns shown in soft wool materials and delicate shades of crêpe de chine; they are draped, so as not to seem to divide into upper or lower skirts and front breadths, but to show no edges, as though it were tacked round the hem turned upward, and then caught down here and there where the folds fall naturally. The soft, striped flannels for tennis are most comfortably made, with blouse waists, kilted skirts, and apron drapery. The kilt has no foundation skirt, so that it may be very light, its plaits being held by two or three sets of tapes. The short apron has the stripes taken crosswise, and in the back is the butterfly wing drapery made of two breadths caught up high in the middle and made to form two points like wings. The blouse is like the sailor blouse worn by children, with a runner in the hem, and drooping below the waist. A straight band is set down the front between two plaits, sewn on one side, and buttoned under the plait opposite. The sleeves are full, gathered into a straight cuff, a high, narrow, turned-over collar, and a deep, wide collar; broad and square-cornered behind, with the fronts ending in points, and pushed through a strap like a sailor-knotted scarf. An outside jacket to be worn with this has loose fronts fastened only at the throat, tight-fitting back, square side pockets, turned-over collar.

THE natural flavour of that which gives name to the dish ought always to predominate—such adjuncts only being selected as will serve to heighten this.

Tobaccoists.—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.





### THE YELLOW WAGTAIL.

(*Motacilla flava*, Linn. *Bergeronnette de printemps*, Buff.)

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THE name of this bird, though accurate enough as to the under part being more yellow than that of most birds, is by some considered an inapplicable one, and apt to produce confusion, for it really has less yellow upon it than the summer plumage of the species called grey, the rear not being yellow but a dull yellowish green; and the habits of the bird are those of the pied wagtail, which, as most familiar, we naturally take as the type of the genus. If it is to be called a wagtail (for *wagging* the tail, the one of its characters, is not the distinguishing one, as it applies to many birds, and to dogs when they are pleased), it ought to be the *green* wagtail, as the green upon it bears some resemblance in locality to the grey on the other.

The following is the summer plumage of the male: top of the head and ear-coverts, pale yellowish olive green; shoulders, back, and rear, the same, but darker, and the green advancing in a point to each side of the lower part of the throat, as if fragments of a collar. The whole under part pale gamboge yellow; wings and tail dusky; less white in the tail than the other wagtails, a very little in the wings, and the little that there is dull and obscure. The female has the yellow below so pale as to be almost white, and a blackish tinge in the green on the back. As the birds are regular summer migrants, they have no winter plumage as British birds; and, as might be inferred from the fact of their seasonal migration, their plumage is not so much subject to change as that of the others.

"The manner of these birds," says Mudie, "and their haunts and habits differ so much from those of the wagtails that they have been with propriety separated as a genus, though the generic name—*budytes* (frequenter of cattle)—is not a very happy one, or the characters well made out." The yellow wagtail wants the active expression of the others. The head is longer and the tail an inch shorter, being less necessary for balancing the bird. The hind toes are also longer, and the claws on these more produced and straighter, approaching more to the character of a foot for walking on elastic surfaces, such as grass. The bird accordingly frequents the cultivated lands, the pastures, and ploughed fields indiscriminately more than the margins of the waters. Its proper character with us is that of a summer visitant of the open fields, and it prefers inland places to those on the coast. Its nesting corresponds; the nest is built on the ground, and not under stones or in the shelves of banks. The nest is formed of dry vegetable fibres, and lined with hair; and the eggs, which are not more than six in number, have the prevailing colour of those which are laid in ground nests. They are light brown, with darker brown spots. The nest is, however, generally placed under some over, as in a tuft of grass or at the root of a tree. The young birds resemble the female.

These birds, which are by no means uncommon, make their appearance in March; and as they are then most abundant in the elevated parts of the country which are better adapted for the growth of oats than of wheat, they have been called "oat-seed" birds. They ply their labours, both assisting in the nest, and the male crying shrilly, but not singing; and by the end of July the broods are fully fledged. In August they accumulate in flocks on the stubble lands, and especially in the richer pastures and about the pens and folds; and by September they leave the kingdom generally, though it is probable that a few may pass the winter on the warm downs near the Channel.

A writer says:—"I have obtained from a fowler this spring a peculiar variety of this bird. The upper part of the body was almost slate-coloured, the stripe over the eyes, and those across the wings, being a dirty white, and

the under part of the body light red. Its song soon showed it to be a male."

When wild its food consists of such insects as generally fly about cattle. In the aviary it may be treated like the preceding species, though it thrives better if a little hard-boiled egg chopped small, to be mixed with the first universal paste. These birds are well worthy of a place in the aviary, on account both of their beauty and their song. They are peculiarly useful in destroying flies, which they do in a peculiar manner, creeping upon them with all the caution of a cat.

It will have been seen that Macgillivray has applied the term yellow wagtail to the preceding species; the one here described—the true *Motacilla flava* of Linnaeus—he calls the blue-headed wagtail, or quaketail. It is a rare bird in this country; the common yellow wagtail of British ornithologists, however, with which it was for a long time confounded, is plentiful enough. This, too, is a migratory bird, arriving here towards the end of March and leaving in September. It has been proposed, for distinction sake, to name this bird Ray's wagtail, after the naturalist who first described and identified it as a species distinct from the Continental bird; and as Gould may well claim the priority of discovery in the case of the more rare modern visitant, it has been argued that it should be called Gould's wagtail, or, as Macgillivray has it, quaketail. This naturalist places these two species in a genus by themselves, which he calls *Bydites*, calling the one *B. Rayi*, or green-headed quaketail, the other *B. Gouldi*, or blue-headed quaketail, the colour of the head forming, as he says, the main distinction between the two birds. Spring and summer wagtail, oat-seed bird or oat-ear, are also terms applied to the first-named, and in this country more familiar species, of which it appears little is known on the Continent. "This bird," says Neville Wood, "has received its popular designation, not, as some suppose, on account of its feeding on oats or any other corn, for it is wholly insectivorous, but because those extensive insectivorous districts which it frequents are more favourable to the growth of oats than to any other kinds of grain, and because, moreover, it resorts to those corn-fields on its first arrival in Britain."

Though the spring oat-ear is not a typical *Motacilla*, yet it does, nevertheless, wag its tail. It has not, however, so long a tail to wag, and altogether shows a decided departure from the true wagtails. Almost everyone who lives in the country must have remarked that the tail is not merely waved up and down, but that it is accompanied with a kind of lateral motion, or at least that the tail is partially spread at the act of wagging, which gives it a fitting, unsteady appearance.

(To be Continued.)

### HISTORICAL SKETCH OF DANCING.

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(Concluded from page 186.)

A very ancient holiday amusement of the people of England was a species of ballet called Mummery, which was derived from the old vulgar phrase "Mum," signifying "be silent." The performers in this practice represented by gesture, accompanied by dancing, comic incidents, and droll adventures, and in those rustic exhibitions did comedy in England have its rise.

Among the recreations of the English Court during the reign of Henry VIII., dancing is often mentioned. The king himself was doubtless an admirer of the art.

Lloyd says that Sir W. Molyneux got in with Henry VIII. by a discourse out of Aquinas in the morning and a dance at night.

In the age of Elizabeth dancing was held in considerable esteem. The queen took great pleasure in it, and many of her favourites were indebted as much to their elegant accomplishment as to their valour or wisdom for the sunshine of her favour.

In this reign, to use the words of Gray—

"Full oft within the spacious walls,  
When he had fifty winters o'er him,  
My grave Lord Keeper led the brawls,  
The seals and maces danced before him."

From the death of Elizabeth till after the restoration of Charles II. the turbulence of the

times and the peculiar character of the age prevented this art, which flourished only in the bowers of peace and joy, from making much progress.

In the days of the Merry Monarch it began to revive, and advanced, more or less, in all the succeeding reigns.

The celebrated Beau Nash, M.C. at Bath, may be considered the father of modern ballroom dancing, which, however, has been divested of much of its cold formality and improved in various other respects since the time of this singular person.

It is, nevertheless, a matter of regret that the graceful and stately minuet has been abandoned in favour of the more recent invented dances.

The French country dance, or contre dance (from the parties being placed opposite each other), since called quadrilles (from their having four sides), which approximates nearly to the cotillon, were first introduced in France in Louis XV.'s reign.

Previously to that period the dances most in vogue were La Perigourdine, La Matelotte, La Pavine, La Forlanes, Minuet.

Quadrilles when first introduced were danced by four persons only. Four more were soon introduced, and then the complete square was formed; but the figures were materially different from those of the present period.

The gentleman advanced with the opposite lady, menaced each other with the forefinger, and retired clapping their hands three times; they then turned hands, if four, turned their own partner, and a grand round of all concluded the figure.

The Vauxhall D'Hiver was at this time the most fashionable place of resort.

The pupils of the Academy were engaged to do new dances, a full and effective band performed the most fashionable airs, and new figures were at length introduced and announced as a source of attraction; but this place was soon pulled down and rebuilt and the ground occupied by the Theatre de Vaudeville.

The establishment failed and the proprietor became bankrupt. A short time after it was opened by another speculator, but on such a scale as merely to attract the working classes of the community.

The band was now composed of a set of miserable scrapers, who played in unison and continually in the key of G sharp; amid the sounds that emanated from this instrument, the jingling of the tamborine and the shrill notes of the life were occasionally heard.

Thus did things continue until the French Revolution; when, about the time the Executive Directory was formed, the splendid apartments of the Hôtel de Richelieu were opened for the reception of the highest classes, who then had few opportunities of meeting to trip it on the light fantastic toe.

Monsieur Hallin, then of the Opera, was selected to form a band of twenty-four musicians from among choirs of the highest talent in the various theatres.

He found no difficulty in this as they were paid in paper money, then of little or no value; whereas the administration of the Richelieu paid in specie. The tunes were composed in different keys, with full orchestral accompaniment by Monsieur Hallin; and the contrast thus produced to the abominable style which had so long existed, commenced a new era in dancing—the old figures were abolished and stage steps were adopted.

There are a number of dances to which the name national may, with some propriety be applied.

Amongst the most celebrated of these are the Italian Tarantella, the German Waltz, and the Spanish Bolero. To dwell on their peculiarities would, however, as it appears to us, be useless.

The first is rarely exhibited even on the stage; the second, although it still retains most of its original character, has in England been modified, and all the objections which it first encountered on its introduction seem to have been generally overcome since it has assumed its present popular form; and the graceful bolero is restricted to the theatre only, having never been introduced in the English ball room.

FLATNESS is essential in wall decoration, but more especially in the dado.



# Fireside Novelettes.

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## A MASTER-STROKE OF BUSINESS.

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V.

THE lobbies, corridors, and verandas of the West End had become suddenly an excited stock market. The men of the street crowded each other in every nook, discussing the sudden jump in stocks and the great corner in North Atlantic. Sharp voices were raised in the discussion in tones more like anger than business, but there were no physical encounters more serious than that of rib and elbow as the excited crowd worked in and out. The click of the telegraph instrument was heard continually in one corner, and the crowd, choosing this as the scene of greatest interest, encroached upon the table and leaned over the operator. A book-stand adjoining had also been appropriated, and the men of the street had ensconced themselves behind it among magazines, and novels, and unsold dailies. Above the telegraphic operator was a bulletin board, on which the stock quotations, forwarded by the telegraphic stock indicator, were written from time to time by the operator's messenger-boy—a proceeding that was always marked by a profound silence in the crowd as the figures began, and by an unwontedly noisy discussion as they closed. Along that portion of the veranda near the main hall, or office, equally excited crowds were gathered, and quiet agitations were even in progress on the grassy plots and gravelled walks in front.

Esmond had strolled several times around the veranda before he had become aware of the excited state of the crowd. His own romantic thoughts had been unreasonably busy amid this Babel mart. He was trying to take a loyal sense of pleasure in the weird picture which he had drawn of his unknown Nora, and it was with a feeling half of resentment that he found his thoughts intent rather upon Nelly. It seemed a sacrilegious invasion of the rights of romance that Nora should not occupy the sole thought of his heart. Do not think, gentle reader, that Mr. Drury's tenderness was of an exaggerated kind. The world will always cling to those who owe it gratitude. There arises a vague sense of being a grand hero in the eyes of one whom we have saved from imminent peril which average human nature will not complacently forego, and the love outgrowing from so romantic a beginning seems removed to a higher and more delicious plane than that of more commonplace origin. To replace his romantic passion for the unknown by a plain matter-of-fact love for another, about which clung none of the glamour of this grateful worship, seemed likely to be the fate of even so romantic a lover as Esmond, and it was therefore with a feeling partly of regret and partly of resentment that he found his heart tending so prosaically to thoughts of someone else than his phantom Nora.

With these thoughts occupying his mind the discussions on the veranda had but little interest for him. He met one or two friends who began the jargon of the Stock Exchange, but he had been born with an antipathy for that language, and he avoided long conversation with them. The crowd increased so steadily that it became plain to him at last that some sensation had occurred in the market, but, when the desultory conversation of those about him revealed that it was a corner in North Atlantic, he was content to inquire no further. There were knots of ladies assembled here and there on the piazzas in front of the ladies' parlours, but there were few men with them, business proving stronger than gallantry. The band was playing very sweetly at an open window, and a few young girls were whirling one another around in the listless circles of the waltz on the ballroom floor, and several elderly ladies sat rigidly against the wall, like silent vendors of the ware they exhibited on the carpet.

Esmond strolled along the veranda leisurely, hoping to see the Misses Darcy, but he saw them not in the few promenaders whom he met, and it was not until he had reached a far corner of the piazza, where the great mass seldom strayed,

and where the noise of the stock contention had not reached, that he found them. The cavaliers had deserted even them for the stirring strife about the bulletin-board, and they sat alone, with their India shawls about them, in the shadow of one of the huge columns of the veranda.

"Here is Mr. Drury!" cried Mamie, as he emerged from the numerous shadows of the piazza, and the broad moonlight just rising beyond the sea struck full on his face. And the impulsive girl sprang from her camp-chair, and, rushing to him, grasped him by the hand with a remarkably unfashionable heartiness that for a moment startled Esmond. "Here are Nelly and I," she said, "without an escort—completely deserted for the more fascinating stocks, and your apparition is a vision of joy."

"Can it be possible that watering-place beaux are so dull?" he said, lightly.

"Watering-place beaux that are in stocks," replied Mamie, leading him to the little circle of camp-chairs that surrounded Nelly, "are beasts."

"Bulls and bears," said Esmond, laughingly, as he bowed to Miss Darcy, and took a seat. "And they are very rampant just now in the lobby."

"Are they speculating even here?" asked Nellie, anxiously, with a glance toward Mamie.

"Yes, even here, where it is popularly supposed they came for pleasure," replied Esmond. "I am convinced that pleasure for some men is a myth."

"I know it is for papa," said Nelly. "He cannot enjoy himself in any other way than by discussing stocks, even after he gets home from that horrid Stock Exchange."

"That is what you would call being literally in stocks."

"Yes," said Mamie, "and I think papa's stocks are as severe a punishment as the stocks down in Delaware."

"When we consider the matter," said Esmond, philosophically, "shop and shop-talk are naturally more engaging to a true business man than any ordinary subjects. Household matters are to him unknown, and dress, and balls, and parties, and operas, do not interest him."

"Mamie," said Nelly, slyly, "I think Mr. Drury ought to know our friend Mr. Roseblossom."

Mamie responded with a hearty laugh.

"Yes," she said, "you should know him by all means, Mr. Drury. He is my especial beau, 'special beau for all of us, in fact. He can talk of matters that are near and dear to our hearts, and he's a thorough business man, too—the most delightful shop-walker you ever saw!"

Esmond had to join in the hearty laugh that accompanied this sketch.

"He knows everybody, and can tell all about them," continued Mamie; "what they were and who they are, how long since their mother retired from the grocery business and when their father failed in stocks, and which of their brothers is fast, and how many of the young ladies of the family eloped to get married. Oh, he's a treasure! I advise you, if you want to find out who anybody is, inquire of Mr. Roseblossom."

"Really, he's a very valuable acquaintance," replied Esmond, dryly. "I suppose I'll have to inquire of him who my unknown Nora is?"

A sudden silence fell on the gleeful sisters, and Mamie nervously twitched her chair nearer to Nelly's.

"Don't you know who your unknown Nora is?" asked Mamie, presently, in a voice that sounded slightly tremulous even to Esmond's uncritical ears.

"I haven't the remotest idea," he said, carelessly, "except that she's short and dark—and is called Nora."

"Short?" said Mamie, in such unmistakable astonishment that Esmond turned his head sharply in her direction.

"Yes," said he, "short, *petite* rather, and dark!"

"*Petite* and dark!" echoed Mamie, with continued astonishment. "Why, that is not the Nora that I know!"

"Ah, then you know a Nora?" said Esmond, eagerly—"a Nora, probably, that may prove to be my Nora? Come, tell me of her!"

The impulsive Mamie was upon the point of bursting upon Esmond with a flood of gratitude, and telling him all. But a sharp pres-

sure of the hand of the cooler Nelly restrained her. A strong sense of propriety urged both the young ladies to preserve the secret from Esmond. His frequently-expressed interest in the unknown whom he had rescued, his hearty expression of a hope to meet her again and to pursue the acquaintance, the very fact that he had seen Nelly and not recognised her as the heroine of his romance, and, more than all, the perturbing intimations of their father as to Mr. Drury's eligibility, all combined to impress upon them the impropriety of admitting now Nelly's identity with Nora. Mamie's impulsive temperament and hearty sense of gratitude towards Esmond had almost carried her beyond these barriers, and the pressure of Nelly's hand came just in time. But she had hesitated, and Esmond was convinced that she knew something of his Nora.

"Tell me of your Nora," he repeated, turning about on his camp-stool to question more closely the faces of the two girls. Those faces had become flushed and pale by turns in the short interval of his quick questioning; but the cold, greyish light of the moon just tipping the distant breakers gave him no sign. "Is it not my Nora?"

Mamie coughed.

"I almost think it is," she said.

"Then tell me who she is!"

"I must really find out first if it is the same person."

"But surely there can be no mistake. Noras are not rescued from drowning in vast numbers every day, nor are they so plentiful that you are likely to have a great number of them among your acquaintances. If you know a Nora who was in bathing to-day and lost her presence of mind, and allowed herself to be towed ashore by a very enthusiastic young man, I am convinced that it is my Nora."

"But my Nora," said Mamie, "does not answer your description at all. She is taller than I am, and I am not *petite* by any means, and she is rather fair and has brownish hair, and so she does not answer to your description at all, you see."

"That's very strange," said Esmond, musingly. "And did she pass through the same adventure that my *petite* Nora did?"

"The very same!"

"And to-day? The same day?"

"This very day."

"Don't you think it very strange? A most wonderful coincidence, it seems to me. Will you point out your Nora to me some time?"

"Some time I may."

"I must rest content with that."

(To be Continued.)

MOST fruit stains and coffee stains, if taken in season, can be easily removed from linen by placing the part stained over a pail, bowl, or pan, and gradually pouring a stream of boiling water on the spot. Hold the kettle as high up over the spot as convenient, and the stains will fade out entirely. Again, pour a moderately strong solution of nitric acid on the stain, or on the mildew, cover it with salt, and lay where the sun will strike it, and the spots will disappear in a few minutes, unless of long standing; in that case it may be necessary to repeat the work, but wash and rinse thoroughly as soon as the stains are out, or the acid will injure the cloth. Lemon juice, thickened with salt, powdered starch, and soft soap, laid over stains, mildews, and iron rust will remove them if the articles are spread on the grass where the sun will strike them. This is sure, and does not injure the fabric.

RUB soap on mildewed spots, scrape chalk over it thickly, and lay in the sun. Repeat till the spots disappear. Two parts chloride of lime to four parts water will remove mildew, iron rust and stains, if the part of the cloth that is stained is soaked in it two or three hours. Wash and rinse carefully as soon as the spots are gone. Most stains will disappear if the cloth is held in milk that is boiling over the fire.

ALL sparkling wines should be binned in the coolest part of the cellar, and the cork kept downward.

A TEASPOONFUL of red currant jelly added to a small jug of hot whiskey punch is a vast improvement to it.



# HOUSEHOLD MANAGEMENT

## WOMAN IN THE HOUSEHOLD.

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BEFORE there can be a household there must be a woman to put in it, and we thus come to the great question of

### BEFORE AND AFTER MARRIAGE.

When a young man begins to feel especially drawn towards a maiden—and by more intimate acquaintance this interest ripens into affection, all the politeness and respect he can command will be manifested in her presence. The best traits of his character are called out to entertain and honour her, to draw closer the bond of union he desires to see established; in fact, a

"State of honourable marriage:"

both, if the interest be mutual, perhaps with no intention or desire of making a false impression—are in that peculiar state of mind which shows them to the greatest advantage—the lady, probably, not like Desdemona, who was—

"So opposite to marriage that she shunned Othello!"

Particularly is this true of the lover. To gratify the slightest wish of his chosen, no effort is felt to be too wearisome, no labour a burthen. All self-denial for his lady love is accounted as a joy and honour. His very life seems a joy and honour. As Shakespeare says:—

"A lover may bestride the gossamers,"

and

"Silver sweet sound lovers' tongues."

But how is it when the prize is secured and the twain made one? Are these graceful courtesies, sweet amenities, kind and watchful attentions, through which the coveted prize was led to an exalted estimate of the lover's character, to be continued by the husband—growing brighter and holier as the years roll on, enabling the woman to cry out that she is—

"The bosom lover of my lord!"

Will the respectful attention and honour which a true gentleman yields to woman be more scrupulously accorded—be held more sacred when bestowed on the wife? Will the man who has won the maiden's heart by his seductive voice and words, behave as if he had—

"No house, no wife, no home!"

"Then will sweet peace wreath their chain round them for ever;" and the love which budded in youth, and grew deeper and broader with the after years, will be matured and perfected in old age, holding them as one, till, separated by death, they meet together in that better world where love is the light thereof.

But if marriage brings indifference, and he behaves as one of—

"The indifferent children of the earth,"

or a feeling of ownership which is supposed to exonerate a husband from all attention to his wife, to release him from the commonest civilities, which he dares not refuse to other women, then there is little hope of true happiness in that household. Doubtless the first year of married life is the most critical. No young people ever become fully acquainted with each other during the period of courtship or engagement; there is a glamour over them that hides any disagreeable or inharmonious peculiarity, and everyone has some that will not show well in a strong light.

We every day see young people accept the mutual duties of the marriage state, profoundly ignorant of the life upon which they have so thoughtlessly entered. The husband may understand what is honourable and right among men, but without the least idea—especially if he has not been brought up with a mother and sisters—of what respect and attention a wife has a right to expect, and he is bound to give, if he is an honourable gentleman.

We claim for wives a degree of respect and attention beyond what a true gentleman gives to any other lady, but we also claim that wives shall be governed by the same rule. Men

"Blessed with beauteous wives"

should let the world see that they appreciate them.

Both should be affable, courteous, and kind to all with whom they associate; but for each other there should be a deeper respect and deference than is seen in their intercourse with others, however worthy; yet in far too many cases politeness and good breeding are folded away with the wedding finery—and he will be found

"To spend his time no more at home."

But until the children that are growing up around them are taught by their parents' example the sacredness of the obligations those assume whose hands are joined in wedlock, those horrid records of cruelty and crime which so often fill the public papers will continue.

An American author, wishing to be sarcastic on before and after marriage, puts in the mouth of a young wife the following narrative:—

"It makes me tired when I sit and reflect on the courtship that made me change my name to Mrs. Brown. I was full of trust and love and romance, and I looked upon Mr. Brown as a god. One of his favourite pastimes was to place me where the lamplight fell upon his golden-haired angel. Poor silly girl that I was, I thought it would always last. One evening after we had been married five or six weeks, I took my stand under the gas and asked him if his angel was as dear to him as ever.

"Humph!" he growled, as he looked me over.

"But don't you praise my golden hair?"

"Golden carrots, Mrs. Brown! If I had such a mop of carrotty hair on my head as you possess I'd go hide it away in a barrel!"

"Then you have ceased to love me!"

"Ceased nothing! I have simply got tired of all this boshy nonsense, and I propose to settle down to the realities of life."

"During our courtship Mr. Brown delighted to read to me from a book of poems, and he insisted on holding one of my hands while he read. The second evening we were in our own house I brought out Longfellow, and sat down beside him, and took his hand.

"What are you pawing me around for?" he asked as he looked up.

"I want my deary to read to me."

"Well, your deary has something else to do! I'm reading up on bread and butter instead of poetry. Please keep your paw at home."

"You used to read such lovely poetry to me."

"That was because I was a fool."

"I went over to the other side of the room and cried, and he let me weep away for a straight hour by the clock before he observed—

"Now, Mrs. Brown, if you have done snivelling, we'll go downstairs and measure that coal-bin and figure up the cubic feet."

A writer has said:—"There are two broad rules worth teaching, because they have some chance of being believed, and they are these—let the woman's first requisite be a man whose home will be to him a rest; and the man's first object be a woman who can make home restful."

This is all very well, but the writer should not stop there. Like a great deal that is written on the subject, he makes the husband's ease and comfort the most prominent thing to be considered—"a man to whom home will be a rest," and "a woman who can make home restful." Mrs. H. W. Beecher to this replied—"A true loving woman needs no instruction in this particular. She naturally endeavours to insure by every means in her power the peace and rest of her husband, and will use all her skill to gather about her kingdom every possible attraction to enable him to find it there. But has the wife no claim on her husband by which he shall feel that he is equally pledged to secure peace and rest for her?"

It is argued on one side that it is the man with many interests, with engrossing occupations, with plenty of people to fight, who is the really domestic man—who enjoys home, who is tempted to make a friend of his wife, who relishes prattle, who feels in the small circle where nobody is above him and unsympathetic, who feels as if he were in a heaven of ease and reparation. To this a lady replies that it is all very well as far as it goes. She then argues that it should be also a haven of ease and reparation for the wife. She owns that the husband is usually the "bread winner," to whose earnest labour, either intellectually or

manually, the family look for necessities or luxuries; but the lady writer argues, with some force, that although his work may be the more remunerative in £ s. d., are his labours more wearing and perplexing than his wife's? She supposes a case where the wife should be the bread winner. "Then," she says, "let the husband supervise and direct the household; be harassed with poor servants, knowing that when things go awry it will be attributed to want of care, or lack of care with their incompetency or wilfulness; let him night after night hush and soothe and care for the fledglings that year by year fill the nest; let him wash and iron and bake and sew and perform all the labours, in addition to the unceasing care, and watch over these little ones.

She declares that the husband would tire first, and be glad to return to his legitimate occupation. But this *argumentum ad hominem* is absurd. Such a state of things is not likely to happen.

In many cases—perhaps in most—where any difference arises between a husband and wife, it is probable that what seems a "cloud" is but a freak of the imagination, springing up through over-sensitiveness on the wife's part, or from too great anxiety to do what would be most pleasing and comfortable. The wife is apt to think, because some of the halo of romance has gone, that the change is serious. A wife writes: "My husband is always kind and gentle, but no longer, as at first, shares his thoughts with me, or takes me into his counsel and confidence in matters where we should have mutual interests." This lady says, "I cannot go to him as I used to do; he will not come to me for explanation if he feels the need of any." She adds, "I have every reason to believe that my trouble is not an uncommon one, but it is none the less hard to bear."

(To be Continued.)

## BEAUTY IN DRESS.

—:o:—

THIS subject is dealt with by Miss Oakey, the American artist, in a work published by the Harper Brothers. She divides people into types or classes of colour, and defines the colours to be avoided or chosen for each. Most people have some one possibility, which cannot be improved upon, and the dress that most sets this forth shows them to the greatest advantage. As an example, a colour is taken that is a compound, as purple, which is made of blue and red. One may harmonise it with either red or blue, carrying it through the proper gradations, and either choice may be equally good; so certain women may be dressed in colours that emphasise their pallor or their colour, or one or another tint in their composition, equally well, while with others there is no choice; that which is best is not open to argument, it is an indisputable fact if one has the taste to recognise it.

Until very lately the red-haired class has been, in modern times, only admired by artists; though in the olden days of Venice dark-haired ladies used to dye their hair red to imitate their more fortunate sisters who were born thus decorated. To-day, in Venice, one sees sometimes the red-haired Italian with green or grey eyes; but more often one finds them in still more northern parts of Italy, and they are always admired. Red hair has been contrasted with blue customarily, and this is the one colour that should never approach it. There are several types of the red-haired, and each requires a different "treatment." Red hair with blue eyes must be differently managed from red hair with grey, or green, or brown eyes. Very often the blue eyes, which are not so fortunate as other colours with red hair, may be neutralised by the colour of the gown; but as soon as blue is introduced into the dress, the blue eyes count for twice their value, and form too strong a contrast with the hair. To assure yourself of this fact in colour, take a fabric upon which are red, blue, and green spots or figures; fasten upon it a blue ribbon and you will at once see the blue spots more prominently than the red or green; fasten a green ribbon upon it, and your eye at once selects the green spots; with a red ribbon the red spots tell.

Many blue eyes are of a transparent quality, easily reflecting other colour. A green dress will immediately impart some of its own tone



to the transparent blue eye, and thus it will, to all intents and purposes, cease to be blue. The green must be by no means light, for a pale green is a very unfortunate colour with really red hair, while the deep reds and yellows are very harmonious with it. One might set down the possibilities and impossibilities for the red-haired type as follows, these being principles that apply to the entire race of the red-haired, whether of one variation or another:—

TO BE CHOSEN FOR RED HAIR.	
White, of a creamy tone.	Claret colour.
Black.	Maroon.
Invisible green.	Plum colour.
Rich bottle green.	Amethyst.
Rich blue-green.	Pale yellow.
Brownish-purple.	Gold-colour.
Olive green.	Pale amber.
Grey-green.	Dark amber.
Stone grey.	Reds approaching amber.
	Brown.
TO BE AVOIDED FOR RED HAIR.	
Blue of all shades.	Scarlet, or all bright reds.
Bright rose pink.	Blue-white.
All violet pinks.	Blue-purple.
Pale green.	Lavender.

There is a colour to be used with red hair that requires almost an artist to use it, when it may be very effective. It should be in small quantities, and contrasted with other tones; it is a pale yellowish-pink. All pinks approaching a violet shade are painful with red hair, but especially where the eyes are brown and the complexion of that shell-like beauty that often accompanies this type. Such a pink as we have spoken of, used as a lining to a dull, dark amber, almost brown, such as one may find in velvet, or a red that is as dark as a dark red hollyhock, seems to repeat, as with a deeper note in octave, the fair bloom of the complexion.

The blue-eyed women of this type do well to wear chiefly the greens, stone grey, and yellows, the creamy white, and the black. This gives them sufficient range, and they cannot improve upon it. For ornaments, amber, gold, pearls, and yellowish lace. The grey and green eyed may venture further still, taking besides the browns and purples; but the fortunate brown-eyed may run the whole gamut here set down from white to black, through all the colours allotted to them in the foregoing list; but they will find nothing better than the dark reds and ambers.

Very often in dress a woman is hampered with her past. She does not realise that as years pass on the human body changes—by no means always for the worst. Each age has its own beauty, and the wise woman recognises this, and does not attempt to make of the present age a poor imitation of the past one. We of the nineteenth century might as well go masquerading in the shapes and pointed shoes and long swords of the fifteenth century, as a woman of forty dress as she did twenty years earlier. Each age has its proper use, its proper charm, its own dignity, and we are foolish to regret that it is not another.

But we do not only refer to growing old; in passing from immaturity to maturity, the changes in complexion, colour, and form, are often very great, and often quite unrecognised. We find a woman of five-and-twenty whose hair was golden at the age of sixteen. The gold has deepened into brown, but she does not perceive it. "Blue is so becoming to my colour of hair," she says, meaning not the brown hair she actually has, but the golden hair she has long been accustomed to think of as her own.

Nothing changes more from age to age than the complexion, and certain very delicate pink and white complexions are at their most charming bloom only at twenty; yet we see countless women who base the colour of their dress at thirty upon the flower that faded ten years before, or grew into a robuster bloom; and so they lose all the advantage of that which they have.

Sometimes, with the rounded, soft forms of early girlhood, a babyish style of dress is charming; but let the wearer beware lest she continue too long such a style, till it marks the lapse of years, and shows us rather what she has not rather than what she has.

Perhaps one of the commonest mistakes is for a woman who has a fine throat to wear it too long uncovered. There comes an age, not easy to fix, as some healthy women remain young very long, when, if they be robustly made, the throat becomes too muscular; and if they be plump and delicate, the throat loses its soft

roundness and becomes wrinkled and less beautiful in colour. But the changes in colour occur earlier, and are often no loss in beauty, only a development. The young girl's red hair becomes auburn; the golden, brown; the fair skin mellows; the faint pink flush gives way to a clear pallor; the roseate skin takes on a robust colour; and all these changes demand changes in dress. Let a woman try to see herself without prejudice, and not dress upon a delusion; nothing is more dangerous.

## MORSELS OF GASTRONOMY.

—10:—

As some compensation for the injurious influence upon cookery of the French Revolution, in its first stages it contributed to emancipate the cuisine from prejudice, and added greatly to its resources. "*Pieces de resistance*," says Lady Morgan, on Careme's authority, "came with the National Convention; potatoes were dressed *au naturel* in the Reign of Terror," and it was under the Directory that tea-drinking commenced in France; then also were introduced *entrees* and *souffle*. In the menu a *souffle* must be of gossamer lightness that may almost float like thistle-down. It has long been a triumph of the French kitchen; it lends an air to the most extraordinary nothings.

An omelette *souffle* is more substantial, so beat well the yolks of six eggs with four table-spoonful of finely-powdered sugar and a table-spoonful of rose, orange, or elder-flower water; or, if other flavours are preferred, simply water and half the grated rind of a lemon, or two ounces of vanilla, sugar, chocolate, coffee, or three or four pounded macaroons. Then whisk the six whites to froth, and lightly mix them with the yolks. Dissolve four ounces of butter in the omelette pan, add the batter at once, and when one side of the omelette is set take it out quickly and carefully with the silver slice; turn it underside up into a well-buttered dish, form it into a dome, powder it with sifted fine sugar, place it in a brisk oven, and bake from five to ten minutes. It must be served the instant it rises to a great height, garnished with fruit, jam, jelly, or marmalade.

Mosaic jelly offers a pretty picture made with orange and cream jelly when the colours are kept clear and distinct. An inexpensive pudding can be made with orange marmalade poured upon rasped rolls, porcupined with blanched almonds, and eaten with whipped currant jelly. Bread-and-butter pudding can be inexpensively improved by slices of citron and a custard sauce, with two or more eggs; the slices should be soaked in milk before baking.

Plum puddings belong to days immemorial, but too often they require the digestion of warriors after a tournament to eat much with impunity. A baked plum pudding may be commended. No demon of dyspepsia lurks in its agreeable depths. Mix well in a large pan half a pound of seedless fine raisins, the same quantity of currants, half a pound of bread-crumbs, half a pint of boiling milk, half a pound of finely-chopped suet, the yolks and whites of three well-beaten eggs, a quarter of a pound of moist white sugar, an ounce of candied lemon, the same of orange and citron, half a grated nutmeg, with a small glass of brandy. Bake for one hour in a slow oven in a well-buttered mould or dish.

There must always be a place of honour for the jellies near the roast pheasant and the *pate de Perigord*; they nestle with the assurance of a rich relation between the game pies and the cold fowls. Champagne jelly belongs to the aristocrats of jellies. Place in a saucepan two ounces of good gelatine, all dissolved in a quart of water, add the juice of two lemons and three oranges, two whole eggs, two whites of eggs, a few egg-shells, and three-quarters of a pound of powdered loaf sugar. Stir occasionally over the fire to make it clear; when it boils remove it from the fire for fifteen minutes without boiling; then strain it twice through a flannel strainer, adding a pint of champagne. Pour into a mould and place on ice to harden.

Rich delicious fruit cheeses in conserve lend an agreeable variety to the winter dessert, made with pineapple, oranges, figs, dates, lemons, pomegranates, bananas, pears, according to the system of cheese-making. The fruit is pounded

with sugar and rubbed through a sieve, then melted isinglass and thick cream is added, whipped over ice, and put in the mould.

Careme found eminence by inventing a most palate-thrilling sauce for *maigre* days. He then devoted all his energies to the study of the various branches of roasting; later he mastered sauces, and at the last profoundly studied design and elegance under the accomplished Robert L'Aine. His career was one continual triumph. He kept Talleyrand alive, nurtured the Emperor Alexander, delighted prince and princess; then he lowered his dignity by accepting a salary of £1000 a year from the Prince Regent as chef. While he was catering to the capricious appetite of the Prince the Aldermen gave enormous sums for stale pates that had already been served at the royal table; when he left Carlton House George was in despair, and made the most tempting offers to Careme to return. "Impossible!" said the patriot. "My soul is French, and can only exist in France!" He accepted a marvellous salary from the Baron Rothschild. When he was compared to a great artist, Beauvilliers, the most celebrated restaurant cook in Paris, from 1782 to 1815, an authority on the matter said: "There was more aplomb in the touch of Beauvilliers, more felicity in Careme's; the first was great in an *entree*; Careme sublime in an *entremet*. We would bet Beauvilliers against the world for a *roti*, but we should wish Careme to prepare the sauce were we under the necessity of eating an elephant or our grandfather."

The cook too great to make savoury dishes from succulent scraps should not be tolerated. For example, a hash made of the breast of a tender deer which has already been served with the haunch. Chop it in square pieces rather larger than dice, and let it stew in a saucepan with two table-spoonful of fine olive oil. When amalgamated add three or four shalots, a small quantity of bacon, also cut into dice, and two table-spoonful of flour. After stewing gently until a good brown, add again a bouquet of sage, parsley, two or three bay leaves, thyme, and the gravy left from the day before. This must then be left over a dull fire for an hour; then add a pint of claret. Carefully skim before serving. When served place around the dish toast fried in butter.

Another stimulant for a jaded appetite is cauliflower with cheese. Put in a stewpan ten table-spoonful of white sauce with a little chopped onion, boil for five or six minutes, add a quarter of a pound of grated Parmesan or any mild cheese preferred. When boiling add the yolk of one egg and a little cayenne, mix quickly, lay a little on a dish, put on it two or three heads of cauliflower or broccoli. Pour the remainder of the sauce over and a little grated cheese and bread crumbs. Put in the oven half an hour. When it shows a pleasant yellow colour serve. If white sauce is too long a process use melted butter, but it must then not be boiled too long or it will be rather greasy.

A salad of pineapple deserves mention for bouquets as well as flavour. Peel and cut a pineapple into small square dice. Put into a basin with two ounces of powdered sugar-candy and large glass of Noyeau. Toss it together with a silver fork and serve.

Some delicate cakes are always an enticing finale. These are Miss Grundy's vanity balls:—Thicken the whites of eggs stiffly with flour, sugar, and rose-water. Roll the paste very thin, cut out little cakes with something sharp and round; bake quickly. These airy nothings are extremely pretty.

A PIECE of butter about the size of a hazel-nut is used by many people to soften punch; this size will be sufficient for a quart.

A GREAT fault of the modern renaissance is over-ornamentation. Some houses look more like curiosity shops or china stores than homes.

WHEN wax candles are to be burned at dinners or lunches they may be prepared so that they will not drip by laying them in the refrigerator for a few hours before they are required. They will burn perfectly after this treatment, but without the disagreeable accompaniment of "winding sheets" and dripping wax that are usually the chief drawbacks to the use of this most pleasant of lights.



## HOW TO GIVE DINNER PARTIES.

BY ONE WHO KNOWS.

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It depends on the hostess whether the dinner party shall be the dulllest and most dreary or one of the pleasantest of all social functions. From the first to the last the hostess's attention must be devoted to the well-ordering of every detail. When it is decided to give a party the first thing is naturally to make the list of proposed guests, and to do so is not such an easy thing as it may appear at first sight, for a great many issues are at stake. In giving a large ball or reception it is not of so much consequence to see that one's guests are well assorted; for if among the many there are some persons who do not wish to mix with certain others, or if there are enemies or rivals in the room among the number of other guests, they may very easily avoid each other, and are by no means necessarily thrown into each other's society. At a dinner party, however, it is very different, for the guests are few in number, and are necessarily thrown so much together that the greatest care should be taken to ascertain that they are likely to be congenial to one another.

For example, unless it is known that they are friendly, political opponents should never be invited at the same time, nor rival musicians, artists, or the like. The private relations of the guests should also be as far as possible considered. It would be dreadful to invite on the same evening people who have been friendly but are now no longer so; a young married couple and one who has been the former suitor of the bride, or, still worse, who has been attached to the bridegroom; or to seat side by side a lady and gentleman who have, perhaps, been engaged and are now no longer so. Again, one must not confront a man with a poor relation whom he perhaps would refuse to receive in his own house, nor endeavour to bring together those who are not on visiting terms, in spite of having had opportunities for promoting acquaintanceship.

Having, then, well considered who must not be asked with those whom you specially wish to invite, the next thing is to decide who will be likely to make the party most pleasant. Everyone knows some one lady or gentleman who can converse with fluency on almost every subject, who is lively, amusing, and capable by a sally of wit of turning aside any little accident that may occur at the dinner-table, or of breaking up a discussion which may be becoming too warm. Such a person is a jewel, especially if a gentleman; for ladies who take so much upon themselves are apt to make the other ladies at table jealous, and so to a certain extent destroy the harmony of the party. So desirable a guest should always be secured, and will take much of the responsibility of entertaining off the shoulders of the host and hostess.

In selecting your guests, also, you should endeavour to ask at the same time people of congenial tastes. For example, if you have a musician—as it is always well to do, as he or she is generally willing to assist in entertaining the company after dinner—find someone who takes an interest in music and musical matters as a partner. If you have, as sometimes unfortunately occurs, a guest who can talk about nothing but one particular hobby, place him next to a lady who can take some interest in the subject which will inevitably form the staple of his conversation. Many men, for instance, can talk of nothing but horses and outdoor sports, and such are terrible bores at a table unless one can find someone to whom such talk is pleasing.

It is to a great extent the fault of the hostess if conversation flags, and such stupid things are said as was told me by a friend the other day. My friend is a very clever girl, who talks well on most subjects; but she was unfortunately taken down to dinner by one of the bores I have described. "Are you fond of horses?" he asked. "No," she replied; "I know nothing about them, except that I like them to go fast when I am driving." "Shake hands," he exclaimed delightedly; "you are the first young lady I have ever met who acknowledged that she knew nothing of horses. They all think they're good judges of horse-

flesh." Conversation cannot be interesting unless the talkers have some subject of mutual interest; and to provide such should be the effort of the host and hostess.

After the list of guests has been made out, with a distinct understanding of whom shall be given as a partner to whom, the invitations must be sent. If the dinner is to be merely a friendly affair, they can be written in the first person, as—

DEAR MR. JONES.—My husband and I hope you will be able to give us the pleasure of your company to dinner at 7.30 on the 15th inst., to meet Mr. — (if anyone of note is expected). With kind remembrances, I am, yours very truly,

A. M. SMITH.

If the party is to be at all formal, however, the invitation must be sent in the third person on a card, which is generally printed, the names and date only being written in:—"Mr. and Mrs. Smith request the pleasure of Mr. Jones's company to dinner on the 15th inst." The address of the sender is written or printed on the left side of the bottom of the card, and in the extreme left corner, above the first words of the address, are the words "Dinner 7.30 p.m."

As it is customary to answer dinner invitations almost immediately they are received, there is time, in case of refusals, to invite other guests, so that the party may not be curtailed; but when such supplementary invitations are sent out one must be careful not to send them to people intimate with those who have been previously invited, lest by comparing notes as to the dates when the invitations were received, offence may be taken at the idea that they have been invited as makeshifts. The invitations are sent from ten days to three weeks before the date of the dinner, according to the degree of formality, a long invitation being given if the party is to be on a large scale.

The number of guests varies greatly, according to the occasion; but eight is a comfortable number, and it is not well to exceed sixteen, unless the party is to celebrate some occasion, such as a birthday or betrothal. However free from superstition the hostess may be, she should always be careful not to sit down thirteen to table, as very possibly some one among her guests may object to do so; and, although not liking to state his or her fear that one of the party will die within the year, will be uncomfortable during the whole evening, and cast a wet blanket over the party. When a fourteenth guest has disappeared at the last moment I have often seen a child fetched down from the nursery to fill the place of the absent one, and so break the imaginary spell.

As it is exceedingly bad form for a guest to be late at a dinner party, many people make it a point to be several minutes before the appointed time, and host and hostess should be ready in the drawing-room for half an hour before dinner. The hostess sits opposite the door, so as to receive her guests as they enter, and makes such introductions among the guests as she thinks desirable. It is well to have interesting photographs, illustrated papers, and books lying about, to serve as subjects for conversation, and help while away the time till dinner is served.

If any guest should be late it is necessary to wait dinner; but however annoyed at this the hostess may feel, she must not show it. Half an hour's grace is sufficient, unless the tardy guest be a very distinguished one, who may have been detained by Parliamentary or official duties, in which case it may be well to wait for an hour, which is the outside limit.

When dinner is announced the host offers his arm to the lady of highest position present, and the hostess indicates to each gentleman which lady he is to take in to dinner by saying, "Mr. Star, will you take in Miss Dash?" After which she herself takes the arm of the most important male guest, and follows the others into the dining-room. The host, who has entered the dining-room first, seats the lady he has brought in on his right hand side, and stands in his place at the bottom of the table till all the others are seated. If the party is merely a friendly one, he indicates where each couple is to sit; but in all other cases the names of the members of the party are written on cards, laid on the table in front of the allotted chair, and each gentleman as he enters

looks for his name-card, and places the lady he escorts in the chair on his right side, before which he will see her name-card. The hostess sits at the top of the table, with the gentleman who escorted her in the seat on her left.

Of the manner of serving the dinner I shall speak in my next, but at present I am more concerned with the method of the entertainment. It is not customary to say grace at dinner parties; but grace should always be said if there is any high dignitary of the Church present, and even if any clergyman is one of the guests it is courteous to request him to ask a blessing. Throughout the meal the hostess must be watchful to see that her guests are properly attended to, although she must be careful not to allow this watchfulness to be noticeable. Whenever conversation appears to be flagging, especially if one of those awkward and almost unaccountable silences which sometimes fall upon a party should set in, it is the duty of the host or hostess at once to start a new topic of conversation; and if possible this should be one of general interest.

At the conclusion of dinner the hostess should glance round at her lady guests, to see if all have finished their dessert; and when satisfied on this point she must manage to catch the eye of the chief lady guest, to whom she then bows slightly. The hostess and chief lady then rise simultaneously, followed by the other guests. The gentleman nearest the door opens it, and stands holding it while all the ladies pass out in order of precedence, the hostess leaving the room last, all the other gentlemen standing by their seats. When all the ladies have left, the gentlemen resume their seats, drawing their chairs nearer to each other to facilitate conversation, and the time for wine and cigars begins. Coffee is served separately to the ladies in the drawing-room, and to the gentlemen in the dining-room. When the gentlemen rejoin the ladies tea is served in the drawing-room.

I have now mentioned the points of etiquette necessary to be observed on these occasions, and in my next I will give some hints as to the arrangement of the table.

(To be Continued.)

## LAWN TENNIS.

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SOME years ago this popular game had an organ of its own, called *Pastime*, but it was not successful. The game has, however, gone on increasing in popular favour, and many books have been written on it by such eminent authorities as Cavendish, Julian Marshall, and others. When it first came out it was not considered likely to be a great success, but it has risen every year in popular favour. It is now played everywhere where Englishmen reside.

A match will always collect a crowd. As Mr. Marshall says: "Spectators are no longer satisfied with ordinary play; they feel that they, their brothers and their cousins, can do as much. They will then leave all but the most interesting matches to follow a first-rate player about a country ground, until he subsides somewhere into a practice game, when they settle round him and watch his every stroke, applauding all his successes and sighing sympathy with his failures."

The revised laws, as adopted by the Marylebone Cricket Club and the All England Tennis Club, are those accepted.

We give the plan of court. It is usual for the single game that the court should be twenty-seven feet wide and seventy-eight long. It is divided in the middle by a net, the ends of which are fastened to two posts, which are on each side of the court, three feet out. The net is three feet and a half high at the ends and three feet in the middle. At each end of the court, thirty-nine feet from the net, are drawn the base lines, the extremities of which are connected by side lines. Half-way between the side lines, and parallel with them, is drawn the half-court line, dividing the space on each side of the net into two equal parts, called the right and left courts. On each side of the net, at a distance of twenty-one feet, and parallel with it, are drawn the service lines.

The ground may be marked out with white paint, whitening, chalk, or tapes. Some dig a



narrow trench, and whiten the ground from which the turf has been removed. Sometimes lawn tennis is played on smooth gravel or asphalt, but generally the lawn is preferable.

The balls shall not be less than two and a half inches, nor more than three in diameter.

The implements are a bat or racquet for each player, six or nine covered indiarubber balls, several plain balls, some polished ash poles, a strong tanned cord net, lines, rubbers, mallet, drill, and racquet press. These articles can be bought for from £1 5s. to £6 6s.

It is usual to wear tennis shoes, made of either brown or white canvas.

It is customary to toss for choice of sides and the right of serving during the first game; provided, however, that if the winner of the toss choose the right to serve, the other player shall have the choice of sides, and *vice versa*. Players have to stand on opposite sides of the net, the player who first delivers the ball to be called the server, the other the striker-out. At the end of the first game the striker-out becomes the server, and so on throughout the game. The server must stand with one foot beyond the base line—i.e., further from the net than the base line—and with the other foot within and upon the base line, and shall deliver the service from the right and left courts alternately, beginning from the right. The ball served must drop within the service line, half-court line, and side line of the court.

It is an error if the service be delivered from the wrong court, or if the server do not stand as directed, or if the ball served drop in the net, or beyond the service line, or if it drop out of court or in the wrong court. A fault may not be taken. After a fault a server shall serve again from the same court from which he served that fault, unless it was a fault because served from the wrong court. A fault may not be claimed if the next service has been delivered. The service may not be volleyed—i.e., taken before it touches the ground.

The server shall not serve until the striker-out is ready. If the latter attempt to return the service it is ready. A service or fault delivered when the striker-out is not ready counts for nothing. A ball is considered in play from the moment at which it is delivered until it has been volleyed out by the striker, or has dropped in the net or out of court, or has touched either of the players, or anything that he wears or carries, except his racquet in the act of striking, or has been struck by either of the players with his racquet more than once consecutively, or has been volleyed before it has passed over the net, or has failed to pass over the net before its first bound, or has touched the ground twice consecutively on either side of the net, though the second time may have been out of court.

If the ball touches the net it is still a good return; but if the served ball touch the net the service counts for nothing though otherwise good. The server wins a stroke if the service is volleyed, or fail to return the service or the ball in play so that it drop outside of the lines which bound its opponents' court, or otherwise lose a stroke. The striker-out wins a stroke if the striker serves two consecutive faults, or fail to return the ball in play, or to return the ball in play so that it drop outside any of the lines which bound his opponent's court, or otherwise lose a court. Either player loses a stroke if the ball in play touch him or anything that he wears or carries, or if he touch or strike the ball in play more than once consecutively, or if he touch the net or any of its supports while the ball is in play, or if he volley the ball before it has passed the net.

If either player winning his first stroke, the score is called 15 for that player, on either winning his second stroke the score is called 30 for that player, on either winning his third stroke the score is called 40 for that player, and the fourth stroke won by either players scores the game. But if both players should have won three strokes, the score is called deuce; and the next stroke by either player is scored advantage for that player. If the same player win the next stroke he wins the game; if he lose the next stroke the score is again called deuce; and so on until either player win the two strokes immediately following the score of deuce when the game is scored for deuce, when the game is scored for that player.

(To be continued.)



## BEES AND BEE-KEEPING.

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(Continued from page 186.)

THEIR devotion to their queen is quoted in their favour. Sir John took away a queen, and put another in her place, putting her in a box containing some comb with workers. When he returned home after some days' absence he found the bees had all deserted their queen, who seemed weak, helpless, and miserable. He put her in one of his windows near some honey, and they brushed past, taking no notice. When returned to a hive they were attacked at once.

Bees are said to be fond of one another. If they have any honey on them they are licked clean by the others, but only for the sake of the honey. A drowned bee and a bee smeared with honey were placed side by side. The latter was licked clean, the other unnoticed. Sir John alludes to their supposed sense of hearing, but after making experiments with dog whistles, violins, tuning forks, and other noises, and comes to the conclusion that they cannot hear. He, however, allows they have good sight, and after many complicated experiments arrived at the conclusion that blue is their favourite colour.

Bee-keeping, under certain circumstances, is both a pleasant and profitable occupation. In fact, it is by some asserted to be the most profitable of rural pursuits; but it is only recently, by the introduction of movable honeycomb hives, the honey extractor, and comb foundation that it has been made no longer a matter of chance.\* There are several bee-keepers' associations and county societies, to which the aspirant should obtain admission when they have annual shows.

The straw "skep" of our elders being practically discarded before the above novelties, bee-keeping is more of a certainty. Still it is a fact that bee culture is a business to be learned, like everything else.

All the eggs come from the mother bee, and are of two kinds; one develops into drones, and the others develop, under proper management, into working bees, which are undeveloped females.

A good hive of bees at the beginning of the swarming season consists of a fertile queen, a few hundred drones, and some thousands (from twenty to fifty) of workers.

A beginner should never start on a large scale. Let him try one or two hives, and, as he learns, let him have more by swarming or purchase. It is advisable to start in the spring by buying a swarm in May. The queen of this swarm should be vigorous, and in her prime—two years old. Take the swarm to your apiary in the evening, in the straw hive in which it was hived. Some prefer to buy an old hive in the spring; examine it carefully, and see that the combs are free from mould, full of bees, and a fertile queen. Remove this early or late, when the bees are all home. Let the hive swarm, and place the swarm on a new stand. When the second swarm issues hive it temporarily in a straw skep, and set it on the stand occupied by the old stock, so that the bees returning from the field may enter it. To effect a transfer, cut the straw hive from top to bottom, and divide into two. Place a piece of flannel on a board a little larger than the frames, and on this two pieces of tape long enough to tie round the frames about eight inches apart. Cut out one of the combs from the skep, and brush back any bees that may be adhering to it. Cowan says: "Lay the comb on the board in such a manner that the ends of the tape extend beyond the edge of the comb; lay your frame on the comb, so that when the comb is fitted into the frame it will be in the same position it occupied when originally built—top side uppermost. The old hive must be inverted before cut. If the comb is larger than the frame, mark inside the frame and cut the comb to fit it, taking care not to cut the tape beneath. Raise the end of the board to bring the comb to an upright position,

\* Those who have time and opportunity to try experiments on a large scale must buy some excellent manuals, such as those of Thomas Cowan, Henry Taylor, and others.

and suspend it in a new hive, placing a quilt over it to exclude strange bees. In this way fit in the remainder of the combs, rejecting all drone comb.

"After one-half of the combs are transferred, the bees from the comb may be brushed into the new hive. Cut out all queen cells, and place all the combs containing brood together in the centre of the new hive, and fill out with empty comb or comb foundation. Now place the new hive on the old stand, and shake in the swarm from the straw skep. Feed the bees, and in a couple of days the tapes may be removed, as by that time the combs will be securely fixed in the frames."

The food to be provided if the stores are not sufficient should be what is called candy, white lump sugar 10lb., water 7 pints, vinegar 1 oz., salicylic acid solution (No. 1) 1 oz., salt 1 oz. Boil five minutes.

As the main object of the hive-keeper is to secure surplus honey, he should arrange his hive for that purpose. Moving combs are absolutely necessary for the proper management of bees, as they can be examined, weak stocks strengthened, artificial swarms may be made, the honey easily extracted, &c. The best-sized hive for ordinary use is one which has a capacity of from 1800 to 2000 cubic inches. The size of the hive determines the size of the moveable comb-frame. Practical experience seems to indicate that frames should be shallow in proportion to their length, because in deep frames it is impossible to have all the frames perpendicular without the use of racks or some such appliances. The hives, however, are so numerous in kind that the beginner, who must buy them ready made, will have no difficulty in finding what will suit him.

The hive must be supplied with all the requisites to help in producing honey in quantities and in the most attractive form. For this reason it must have "sections," which contain from 1 lb. to 2 lbs. of honey, and which can be transported from place to place without incurring the same risk of breakage as when the honeycomb is in large boxes. These are now made at so small a cost that no bee-keeper will trouble himself to make them, or any other part of the hive, until he has had some experience.

The feeding of bees, though apparently a trifling matter, is often a somewhat troublesome and even dangerous process, often causing much fighting and loss of life. It is suggested that an apparatus adapted for feeding on the top instead of the bottom of the hive prevents this. In this position any quantity of food may be given. It is more convenient to the bees, and less commotion results than when placed elsewhere, besides its being inaccessible to any kind of enemy.

It is a tin or zinc pan, 12 ins. by 7 ins. on the outside, and 1½ ins. deep, made very flat at the bottom. A partition runs the length of one side of the pan, leaving a space of 1 in. wide, into which the food is poured, a passage for this being left an eighth of an inch high. It thus finds its way into the centre, where there is a thin perforated wooden bottom, a little raised underneath, and which floats on the food. There are two holes for the bees to enter the pan, corresponding with those through the top of the hive. A square of glass forms a cover, extending as far as the partition on which it rests at one side; at the other on two little angular pieces in the corner. These are an eighth of an inch below the top of the pan. The bees can thus be seen without danger.

When there is only one hole in the centre of the top of the hive, a tin or zinc pan 7 ins. or 8 ins. square is used, 1½ ins. deep, having a circular 2-inch hole in the middle, with a rim all round, standing up half an inch. Another circular rim or partition as large as the square will admit a soldered door within it at the four points where it touches the sides. It must not go to the bottom, but a space should be left of about an eighth of an inch as a passage for the food.

(To be Continued.)

THE Paris *Figaro* recommends buttermilk for the prevention and cure of freckles and other injuries to the complexion which the spring sun and wind generally produce. It is said to be good also for sallowness produced by advancing age.





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ABOUT every three or four years fruit trees should be manured. For this purpose they must be dug round carefully, taking care neither to hurt nor uncover the roots, then proper manure is put in and covered up. The manure should not be placed any nearer the roots than is necessary. All amateurs must be made aware that nothing can be done without good manure, on which we shall write specially.

Hot beds are garden beds more or less large, wide and raised above the soil, which are formed with such manure as leaves, mosses, and all fermenting substances capable of developing heat, and keeping for a time long or short. This is covered with such earth as suits the vegetables to be grown. There are hot beds and warm beds, which are raised dry soil, and others which are formed in trenches.

To make a hot or warm bed stretch two pieces of cord a yard apart, and of the length of the frames. The manure having been brought handy is put in level beds between the ropes. The thickness should be the same all through. After turning up and beating the whole with a fork, the manure is well watered if dry. Sometimes if very dry it requires to be watered several times. It is then covered with soil, or prepared mould. The length of the beds will depend on the number of frames required. This is a matter of selection and measurement.

The deep beds are of the same width and of a depth which depends on the nature of the soil, deeper if dry, less if wet. The manure is placed in the same way, but is usually higher in the middle than at the sides, and the whole is covered by soil, generally that of the trench, and mixed with fresh mould if necessary. These hot beds are usually used to grow plants under glass bells, but sometimes for garden frames.

In order that the beds may keep up properly there must be a great deal of straw in the manure, and, at all events, some fibrous substance so as to bend the component parts. The thicker the beds the greater the heat. We have said that fermenting substances were susceptible of more or less developing heat. It is therefore necessary to be very careful in the selection of these substances. Sheep's litter gives sixty to seventy degrees of heat for four months, that of horses and donkeys less, but lasts six months, that of horned beasts less still, but lasts longer. This heat may be increased by the introduction of *poudrette*, and other matters such as the sweepings of chicken houses. Dry leaves give less heat, but lasts a year. At times it may be wise to throw in a little quicklime, pulverised very small. The heat does not, however, last so long. Mud from the streets and the sweepings of highways depend for their strength upon local qualities. The residue of apples, pears, and raisins are good, and last over a year.

Many gardeners can tell by their hands if their beds are hot enough. To do this they thrust in a pointed stick, which after a while they pull out and tell the heat by the feel; but it is better, where practicable, to use a thermometer, surrounded by a coating of oak, pointed at the end. This protects its fragility, and enables you to thrust it easily into the bed.

Some beds, when fresh made, develop too much heat, and kill the seeds or young plants. This is often the case with horse manure. If this fault is noticed, wait a day or two for the heat to decrease. Several trials can be made by opening the bed occasionally and putting in the thermometer.

For glass bells select the whitest glass. If it has flaws, green are better than blue. They want a kind of handle or button on the top, so that they may be moved without difficulty. They serve to guard delicate plants and cuttings from cold and humidity, and keeping heat in for such vegetables as require them. There should be means of ventilation from the bottom. A frame consists of wood and a glass roof. The

frame is usually nearly four feet wide, length according to choice. The frame is higher on one side than the other, and should be placed facing the south. These are placed on little wedges, and the glass roof is movable. These frames are necessary for the growth of certain delicate seeds and plants. They keep in the heat of the beds and add to them, and may in winter be used to store pots which cannot stand the open air. These roofs are held up at times by means of a kind of rack.

Mats take a great part in horticulture. They are placed over frames and glasses to keep in the heat when needful, to shade conservatories against the too great heat of the sun, to hang before wall fruit, such as peaches, and to form shelters, on occasion, against the wind. They may be bought cheap enough, but some like to make them. Those used for wind mats should be two yards each way. Lay on a flat surface two pieces of wood two yards long, laths will do. Place them at the requisite distance. Divide this space into three parts, indicated by small stakes like skewers. Tie twine to these. Measure twice the distance between the two small stakes, and cut it; do the same with the other row of stakes. Then place over the three pieces of stretched-out twine, and across the interval between the empty space a layer of rye straw well shaken and cut into equal lengths, then you place another layer crossways, the ends of which touch the other lath. You then place on the shuttle all the twine that is left free from the middle skewer, and with this you begin to sew the straw mat. To do this you take hold of a little straw, over which you pass the shuttle, then under it, including in this the twine which lies on the ground, then you slip this shuttle through the stitch in order to form a kind of running knot, which you tighten by putting your thumb on the straw and keeping it flat instead of round. Be careful not to squeeze too tight, because the straw, swollen by humidity, might break the twine. Go on thus to the end, being careful not to make the quantities of straw used uneven in quantity. When finishing, knot the two ends of the twine. This sort of seam is to be done over again upon the other stretched-out pieces of twine, and the mat is finished. In this state it will admirably suit for the covering of frames and greenhouses.

Many persons employ linen covers to protect greenhouses and frames from early spring frosts, and in autumn to protect fruits from the attacks of birds. These should be thin or thick according to circumstances.

A great thing in gardening is what to do in every month. We, for obvious reasons, shall commence our indications as to what must be done in March. All the heavy work of the garden should be finished by this time; if anything remains to be done, it must be done at once, for the time is coming on for sowing many plants in the open ground. This is the time to put in manure of all kinds. Be careful of white frosts, which are much to be feared in this month. Seeds and plants may be protected either by a light layer of mould or mats. This is the time to see to the replanting and alteration of borders.

During this month trees should be pruned, above all wall trees, with the exception of the peach, which, if cut too early will often bud too soon, and suffer in consequence from the possible late frosts. It is only in localities where nothing of this kind is to be feared that the peach should be pruned. When you once begin to prune it is as well to follow a regular system. Begin with the wall trees, then follow with those on the opposite side of the path, stretched on frames, pyramids, and others. As soon as the pruning is over, the earth should be forked around them and then be covered with straw. This is the time to plant any trees in your nursery if you have one; it is not too late to sow seeds of pip trees (apples, pears, &c.), and many other trees and bushes.

Now is the time to sow onions, carrots, leeks, radishes, Windsor beans, peas, &c. Cabbages, lettuces, and such-like should now be transplanted. If the weather is severe they should be covered with mats. Late potatoes should now be planted.

(To be Continued.)

If men are so wicked with religion, what would they be without it?

## MONEY MAKING FOR LADIES.

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## THE HOUSEKEEPER'S OPPORTUNITIES.

MANY branches of industry that can be pursued in a quiet way suggest themselves in connection with housekeeping, and the would-be money maker, who has a house of her own, will find it a comparatively easy matter to carry out her object. Why should not the carefully prepared delicacies so lavishly displayed on the table of the ambitious housekeeper for the admiration of her friends also be converted into a source of revenue?

Preserved and canned fruits are especially available; preserves bought in shops and canned peaches from the same source are sure to require more sugar as well as more cooking before they are fit for table. As sugar is a formidable item of expense in putting up fruit, it is natural for those who are trying to keep what they have and get all they can to scant it; while the less cooking the fruit gets the larger and firmer it appears. Preserves that are free from these defects, and yet manufactured at the same cost, can scarcely fail to find a ready market as soon as their merits are known; and a lady, without much ready money to risk, could easily try half-a-dozen jars, which she could use for home consumption in the event of not selling them.

A wise preliminary would be to consult some dealer in such articles as to the demand for preserves, the most popular kinds, and the profit to be expected. City confectioners and dealers in foreign fruits have opportunities of disposing of such delicacies, and will in most cases be quite willing to undertake it on a reasonable commission. Perhaps a country shop might possibly be even better, as there would be little danger of competition; and in some neighbourhoods, where the residents are able to indulge in luxuries, the novelty would be so great, as well as a relief to housekeepers, that such an occupation, if conducted with skill and care, could soon be made remunerative.

In every case, however, where it is possible the business should be transacted between the producer and the consumer, to avoid the payment of a commission to any third party, which makes a serious difference in the profits. Friends are sometimes sufficiently numerous and liberal to prevent the need of seeking customers among outside parties; and in this way, without any publicity, a lady will receive as many orders for preserves as she can conveniently attend to.

But the question is often asked, "Cannot good preserves be bought cheaper than they can be made?" Instances are cited and firms mentioned who, at remarkably low prices, supply unexceptionable articles. It is not to be supposed that ladies are advised to enter into competition with the large canning and preserving establishments that do their work by machinery, and fill the market with it at very moderate prices, but merely to produce superior home-made articles for a home market.

There are consumers to be found who willingly pay a higher price for apparently the same article that is offered elsewhere at a considerable discount; but when bought, even at the best of large establishments, they cannot feel as sure of good materials and proper modes of cooking as when taken from a private manufacturer, whose success depends on these very points.

Most of the preserves, too, which are publicly offered for sale have a fine outward appearance, but a most insipid taste; while the purchaser of cheap brandied fruits runs great risk from the injurious effects of the cheap spirits employed in their manufacture. Good brandied fruits cannot be made cheaply, for the reason that good fruits and good brandy are not to be had for next to nothing; and those who have the sense to know this prefer buying such wares at higher rates of a person who will make them conscientiously.

But they can be made understandingly as well, and the lady who is engaged in preserving may have some friend whose business relations will enable him to procure her materials at wholesale rates. This lightens the expense in some degree, though not so much with good articles as may be supposed; and the poet's well-known line,

"Earth gets its price for what earth gives us," is quite applicable here.



The judicious use of ammonia has been recommended as a perfectly legitimate way of reducing the expense of sugar in preserving, as this ingredient is quite harmless, and does not affect the appearance of the fruit when properly used. In the course of boiling a small quantity should be stirred in, and the effect carefully noted. The alkali of the ammonia combines with the acid of the fruit, producing a neutral reaction which permits the sugar to have its full effect. If too much ammonia finds its way in, the addition of a little vinegar will remedy the excess.

With regard to fruit, happy is she who can say, even if it is a travesty,

"I know a bank where the wild raspberry grows ;"

for the preserving capabilities of this insignificant-looking fruit are infinite, and it has the advantage over the cultivated berry of belonging to anyone who will take the trouble to gather it. Raspberry jam affords an inexhaustible store for puddings, tarts, jelly cake, ices, &c., and one can scarcely make too much of it. Raspberry jelly and raspberry syrup are also popular, and the rich, beautiful colour of all these compounds is as pleasing to the eye as the taste is to the palate.

Blackberries, too, are available in their way, though somewhat unpleasantly seedy, and are quite popular in the shape of jam and jelly. Strawberry preserves are always welcome; peaches are taken for granted; while the dark-blue plums are a delightful combination of tart and sweet; but the latter are seldom offered for sale in the shape of preserves, while genuine marmalade is not common.

To manufacture an article a little differently, or to put it up in an attractive form, is almost sure to prove a successful enterprise; and, especially in the matter of preserving, superior workmanship and original devices will always bring in satisfactory returns.

"The French," says a recent writer on the subject, "make the clearest, best preserves, because they spare no pains. They first prepare their syrup or clarified sugar; then, after neatly and carefully paring and dressing their fruit, cook a few pieces at a time, and only as many as they can oversee, carefully lifting each piece out of the syrup the moment it is done. To make clear, good preserves requires, first, no economy of trouble; second, that the fruit be perfectly fresh—alive from the tree or bush, or, as a friend says, "tasting of the sun."

Some people talk of having "good luck with preserves," but the good luck will almost invariably be found to result from care and experience. A little originality, too, goes a great way; but experiments out of the beaten track should be made with great caution. A little may be gleaned here and there from books as well as from practical housekeepers; and, after carefully laying the foundation, the business might be commenced on a small scale.

It must be remembered, however, that it is one in which there is great competition, the market being fairly flooded with low-priced goods that are not cheap, because of so inferior a quality; and that only by providing something better than usual, at fairly reasonable rates, can anyone now entering the field hope to make the occupation of preserving at all profitable. For those who will do this kind of work there is much encouragement, and a quotation from a volume for business men is quite in place here:—

"A wide range of opportunity for fortune is open to business men of enterprise, even in the beaten tracks of commerce, by an improvement in the quality of common and ordinary articles of export and in the modes of shipping them. By a little persevering examination you will readily discover articles which, by extra care in sending out only the best qualities, and put up in such a manner that they will retain their quality when they arrive, will be sure to bring back satisfactory returns."

The establishment of a genuine Exchange for Women's Work might greatly facilitate this matter, and is a matter for consideration. An American agency of this kind, which disposes of the best class of such goods on commission, says in its report that "the market only wants to be supplied. Whatever is really good is sold, and there is a clamorous call for more!"

In putting up preserves the clearest and whitest jars should be selected, as the fruit is then displayed to the best advantage; and although tin cans have the advantage of keeping their contents so perfectly air-tight that fermentation is impossible, they are very inferior in appearance to glass bottles, and not satisfactory to the purchaser, who is thus prevented from seeing the goods without opening them. The ordinary glass, sold as quarts and pints, consume an inordinate quantity of fruit, if put in at all closely; and the best and most ornamental receptacles are the French bottles—also called quarts, but not requiring so much to fill them.

(To be Continued.)

## MILK AND BUTTER.

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THERE are few departments in housekeeping on which so largely hinge the comfort of the family as the proper management of the milk and butter. To go to the root of the matter, we must start by managing the cows properly, and if we do this we will have a good supply of nice milk and butter, even if we are unable to obtain blooded stock, but have to content ourselves with the old-fashioned "scrub" cows. With proper feeding and attention even these will richly repay us for our care.

As circumstances vary so widely (as well as tastes and dispositions), it is, of course, impossible to lay down a general rule as to the number of cows it is advisable to keep. There is one rule, however, we may safely lay down positively in regard to this point—never keep more cows than you can feed abundantly and attend to carefully in every respect. If you do they will prove a vexation and loss. Under ordinary circumstances we should say that two cows (or, at the outside, three) were sufficient for the needs of a family. Have good pasturage in summer, and feed them liberally in winter if you hope for any valuable returns from them. It is scarcely worth while, we suppose, to advise that their shucks and fodder be cut up fine, as all farmers do this now. It is well to feed them in tubs in winter, putting scalded ship stuff or wheat bran on top their rough food. Pumpkins make the milk and butter rich and well flavoured.

It is very important to secure a good milker—one who is cleanly, patient, and amiable, and who has acquired the "sleight-of-hand" which is needed about milking even more than mere strength. Our readers may smile at our mentioning amiability among the traits desirable for a milker, but it is a literal fact that cross, impatient people who raise their voices angrily and abuse cows have a very bad effect on these animals, who sometimes refuse to let down their milk fully under such circumstances. Having secured a good milker, try to keep him (or her) permanently, as it injures cows very much to change the milker often. They will not let down their milk well unless they are familiar with the milker.

In warm weather the milking ought to be done as early in the morning as possible and the cows sent back to their pasture. If you are not provided with a dairy or spring-house, set your milk in the coolest place at your command, first separating all you will want during the day for cookery or table use from the milk intended for churning, as this ought never to be disturbed. If you have not ice to put your drinking milk on you can make it delightfully cool by bottling it and putting it in a spring box. The coolness thus produced is much pleasanter and more healthful than the intense coldness produced by ice. Never put ice in sweet milk, as it melts and dilutes the milk. Buttermilk may be thus diluted without injuring its quality and flavour, but sweet milk cannot.

If you churn only once in twenty-four hours, and that in the morning, it is well to set the bucket of morning's milk in a tub or large dish-pan of water to prevent it from turning too much in advance of the night's milk which you wish to churn with it the following morning. The latter milk will not turn during the night unless you pour into it about a pint of morning's milk, so it is important to do this if you wish to arrange so as to have only one churning in twenty-four hours. But if you

have sufficient milk to churn twice a day it is better to leave your milk to turn naturally. In summer always churn in the cool of the day, either early in the morning or late in the evening. It injures the butter both in quantity and quality to churn it in the warm part of the day. It is a good plan to churn in a shady back porch, or, better still, under a big, shady tree. Churning brings so many flies into the house that it is undesirable to do it there when you can avoid it.

Extreme nicety and care are requisite about the vessels used for milking and churning. A copious amount of scalding water has to be employed on them, and they must be frequently sunned. It is well to have two sets of milk vessels to use alternately. An almost boundless amount of tinware is needed where you have milk in abundance.

The churning over, carefully separate every particle of butter from the buttermilk and put it in a "piggin"—that is, a little pail with one spoke projecting high above the rest for you to hold the pail by. After carefully making the butter with a stick put it in a tin bucket and set this on ice or in a spring box or some cool place till late in the evening, and then take it out, work thoroughly over again, and make it up into a plate or plates. Be careful to shape it nicely, and if you will stamp it with a pretty print this adds much to its nice appearance. It is a good plan to make up several small plates of butter rather than one large one, as you can then place an unbroken print of butter on the table for each meal, and this looks much neater than a broken one. It is desirable, even for city housekeepers, to have a butter piggin, stick, and print, so as to nicely shape the butter they buy in the mass. It is so much prettier and more appetising in this form than in a chunk.

Both milk and butter are such ready absorbents that housekeepers have to be very careful to put them in a place by themselves, or with articles devoid of a strong taste or scent. We know a young housekeeper whose butter for several weeks had such a singular taste that the members of the household could scarcely manage to eat it. She was very neat and particular about it, and was much worried and puzzled by its queer flavour. On consulting an old, experienced housekeeper, the latter said, "Let me look at it in your safe," and on doing so she found lying close to the butter a couple of lemons, the flavour of which, though agreeable in itself, was very detrimental to the butter. It turned out that the young housekeeper had for several weeks been keeping lemons on the shelf with her butter, ignorant of the fact that the flavour of milk or butter is almost ruined by the proximity of any highly-scented or flavoured article, such as lemons, onions, pickle, ginger, &c.

Many housekeepers begin to lay up their winter butter in October, wrapping each roll in a piece of old table-cloth or sheet and putting them in a firkin or stone jar and pouring over them a clear, strong brine. Some housekeepers add a pound of white sugar to every gallon of brine; but unless you are making butter on a very large scale it does not seem to us very desirable to put it up in brine. Simply pack it in a stone jar, and when the jar is full take it for your immediate table use and commence filling another jar with the freshest of your butter. By using your jars of butter thus, in rotation, you can have a supply of at least moderately fresh butter always on hand, and it will be much nicer than butter put up in brine.

Milk and butter have, of course, to be managed differently in winter from the way they are managed in summer. In winter the churning milk has to be kept in a warm place, though it is a bad plan to put it too close to the fire or stove, as this will make the butter white and frothy. You will facilitate the turning of the milk very much by pouring into it about a pint of buttermilk. It is better to churn about the middle of the day in winter, and in very cold weather it is better to let one thorough working of the butter suffice. It is easy to work it then when freshly taken out of the churn, but when it stiffens and hardens, as it will do a few hours later, it is very difficult to work it. We would therefore advise you in very cold weather to give your butter one thorough working immediately after it is taken up and to make it into shapes then.



As milk is so much more abundant in spring and summer than at other times, a housekeeper had better pick those seasons to have her milk desserts, such as blanc mange, custard, ice-cream, &c. It is difficult to have pure ice-cream in very hot weather unless one has a regular dairy to draw from. The cream is apt to sour before you can accumulate enough for a freezing. In view of this fact it is well to mix cream and a rich boiled custard when you want ice-cream. If you are going to have ice-cream for dinner sit in shallow pans or bowls all the milk of the night before. Skim off the cream in the morning, put it in a screw-top glass jar (or jars), and put it on ice till you are ready to use it. If insufficient for your purpose make boiled custard of fresh morning's milk to add to the cream. Flavour with cinnamon or vanilla, sweeten to your taste, and put in eggs in the proportion of a dozen to a gallon of milk. Make it as early in the morning as you can get fresh milk, as it takes several hours for it to cool thoroughly. After it has boiled sufficiently pour it into a tin bucket and set this either on ice or in a tub or dish-pan of cool water. When it is thoroughly cool mix the cream with it and freeze it, and it will be very nearly as delicious as pure ice-cream, and at the same time it will be lighter and more wholesome and will not trench so seriously on the butter-making of the household.

## HEALTHY AND COMFORTABLE HOMES.

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(Concluded from page 189.)

PAINT is more suitable for halls and stairways than paper, as the latter is too apt to be soiled by the careless fingers of servants, and cannot be washed, although both may sometimes be used to advantage by making a dado of paper, the ground of a dull red, with the pattern in black, and the wall above painted in pale buff, green or grey. Another handsome dado is a paper resembling cloth of gold, with small black scrolls on it; and in some halls this would make a very beautiful and effective covering for the entire wall.

A dado, or plinth, is a space above the surface, some three feet high, separated from the space above by a light wood moulding, often called a chair railing. The railing is frequently dispensed with, a bordering of paper being substituted. This is objected to by some, who also affirm that the space below the moulding should be of plain paper or paint. The object of the dado is to break the monotony of an unrelieved pattern the whole height of the wall.

There is this satisfaction in wall furniture, that it cannot, as a general thing, be sat upon nor covered up—more's the pity sometimes—but it is the very point in furnishing that is most open to criticism. Wall papers are not always what they should be; and many "sweet things" at the paper hangers, are transformed into unexpected ugliness by the process of hanging. Looking at paper in the roll is such a different matter from seeing it on the wall that, to prevent a disagreeable surprise, several widths of it should be held up in the room for which it is intended before the colour is decided upon. It always looks darker when on the wall. For a hall the palest of greens or browns is usually the most pleasing in effect, or the walls may be panelled artistically.

Very little furniture is desirable in a hall, especially if it be of the usual long narrow shape; and that little should be useful rather than ornamental. The hat rack and umbrella stand look particularly out of their element when arrayed in festive robes by the house decorator, and are in much better taste when not made prominent in any way. A hall table, massive and generous in its proportions, and flanked on either side by chairs of similar character, are always in order where there is room for them; or chairs alone with a wall hat-rack, may be used where the space is limited.

A very pretty and serviceable arrangement, when the width of the hall will admit of it, is to convert the corners on either side of the front door into triangular alcoves, which may be done at a trifling expense by anyone who is at all handy in the use of tools. A panel is

fitted across, from the centre of which an arched opening is sawed, and over this arch a shelf supports a piece of statuary enconced in his own niche. In the larger niche below is placed a tall china jar for *pot pourri*; while the companion jar in the opposite niche is furnished with a plate for cards. A receptacle for trailing vines would be pretty in either or both of the upper niches.

A case full of ferns, or a rustic receptacle for climbing and trailing plants, a bronzed figure, or a hunter's trophies, are very suitable embellishments for a hall. "But," says one who has travelled, "remembering the abode of a hunter in Maine, where the entrance hall was ornamented with a sprawling wild cat, a stuffed bear, and deer and moose heads, with horns and antlers in such profusion that it seemed like a night-mare, moderation in this kind of furniture seems particularly desirable."

A hall fire-place, with an open fire, yields, with its cheery shine and glow, a delightful welcome to the incomer that nothing else can: but in furnace-heated houses this pretty little bit of light and warmth is deemed a superfluity. But wherever there is a chimney there can be a fire-place, whether originally built in the house or not; and to those who are emancipated from the furnace-bondage there are endless possibilities in the way of fire worship.

Fortunate are those houses—and there are some moderate-sized ones so blessed—that have a generous entrance and hall way, allowing the staircase to be well set back instead of obtruding itself on one's notice as the door is opened, and admitting of broad, low steps and at least one landing. The covering of these steps should harmonise with that on the floor of the hall, although some think it in better taste not to have a continuation of the same covering. The handrail of an ugly balustrade may be covered to advantage with dark crimson velvet.

A staircase window on the landing should either have a curtain on rings, that may be drawn aside at pleasure, for the better view of the sunset sky, perhaps, or it should be furnished with a box lambrequin, jutting over the cushioned seat below. There is sometimes a niche in the wall in default of a window, a picturesque feature that has a mysterious sort of charm about it. A good plaster statue, prettily wreathed with some trailing vine, that may be growing in a vase or bottle behind it, seems the most appropriate furniture for this space; while a flow covering of crimson cloth or flannel, with fringe to match, transforms it into a most effective pedestal.

Those who like to know what imagination can do may like to read an exquisite picture of a hall given in a recent novel: "Once within those sheltered walls, the visitor recognised an atmosphere which had nothing to do with the vulgar air without. A solemn hush reigned, as in a cathedral. No shrieking birds, no yelping lap-dogs broke the serene stillness. Admitted into a long glazed corridor, where there were hothouse flowers, the frailest of exotics, whose waxen petals glimmered whitely amidst foliage of dark, shining green, and, at the extreme end, two marble figures seemed to keep guard over a pair of dark green velvet doors which divided the corridor from the inner sanctuary. One of the statues was the 'Genius of Night,' with starry veil and extinguished torch; the other, 'Silence,' with lifted finger pressed upon closed lips. The subdued tone of the vestibule, the dark foliage and colourless petals of the exotics, the chill whiteness of marble against a background of sombre green, possessed a harmony of their own. The entrance hall of the hermitage was by no means spacious. A Persian carpet of moderate dimensions covered the centre of the floor. The same subdued colour which pervaded the vestibule reigned in the hall, where there were yet more pale exotics and antique bronzes looming dusky through the shade. Curtains of soft grey silk shrouded a doorway through which one passed into the drawing-room, where there were again dark foliage and starry, white blossoms in the dim shade of grey silk curtains lined with a pale rose colour, that faintly tinted the subdued light, and where two white Angora cats were sleeping peacefully amidst the fleecy fur of a huge polar bearskin spread upon the hearth."

A startling wind-up for a very simple subject.

## Vegetarian Cookery.

—:O:—

**EGGS OF THE RISING SUN.**—Boil six eggs ten minutes, remove the shells, and cut each egg in halves lengthways; take the yolks out and pass them through a wire sieve on a dish; shred the whites into fine strips and put these in white sauce made as follows:—One pint of milk thickened with flour in the same way as for butter sauce, add two teaspoonsful of chopped parsley, a little cayenne, nutmeg, and salt, and a small piece of fresh butter; mix well together and dish up, with the yolks on the top. Brush over with a little clarified butter. To be put in a moderate oven until slightly browned.

**MACARONI CROQUETTES.**—One ounce of macaroni, four ounces of bread crumbs, three eggs, two ounces of butter, a quarter of a pint of cream or new milk, a quarter of an ounce of chopped parsley, one teaspoonful of sweet leeks, and one teaspoonful of lemon thyme, marjoram, winter savoury, and sweet basil mixed. Boil the macaroni in water till tender, and cut it in small pieces. Boil the cream, pour it upon the bread crumbs, and cover with a plate. When cold add the herbs, the butter (melted), the eggs (well beaten), and the macaroni. Mix well together, season with mace, cayenne, and white pepper, salt, and spice powder. Pour it into a buttered mould and steam it, with a piece of paper over the top, about three-quarters of an hour, and serve with white or mushroom sauce.

**FRICASSEE OF HARICOT BEANS.**—One pint of beans, three ounces of butter, the juice of one lemon, and one ounce of parsley. Steep the beans two hours in cold soft water, drain, and set them on the fire in two quarts of cold soft water, adding a saltspoonful of salt and one ounce of butter. When they boil simmer them slowly two hours or more. Put them into a stewpan with a little pepper, salt, chopped parsley, two ounces of butter, and the lemon juice. Set them on the fire a few minutes and stir them well.

**ONION PIE.**—Equal quantities of onions, apples, quarter of an ounce of dried sage, and two ounces of butter. Cut the onions in two, boil five minutes, and chop them small, adding the sage. Season with pepper and salt, and put them in a pie dish with the butter and a little water. Prepare the apples as for sauce, with a little sugar. Lay them over the onions, cover with paste, and bake it.

**SEAKALE.**—The short, thick kale is the best. Trim it nicely and tie it in bundles. Boil it in plenty of water with two ounces of salt. When tender drain it in a clean cloth. Lay it neatly in a dish upon toasted bread, which should be previously dipped in the water, and serve with butter sauce.

**CAULIFLOWERS.**—Cut off the stalks and lay the cauliflowers in salt and water for an hour. Put them into a pan of boiling water with salt and boil them till the stalks are tender. Take them out instantly, drain in a colander, and serve with butter sauce in a boat. Cauliflowers should be boiled quickly for five minutes, and then moderately, in order to prevent the flower being done before the stalk. Brocoli is boiled in the same way.

**POTATO SALAD.**—Cut cold boiled potatoes in rather thin slices. Put them into a salad bowl with a teaspoonful of chopped parsley, half a teaspoonful of eschalots cut very fine, two tablespoonfuls of oil, two of cream, and two of vinegar. Season with a little pepper and salt, and toss all carefully together without breaking the potatoes. Cold haricot beans, French beans, and lentils may be used in the same way.

**CHEESE AND MACARONI.**—Quarter of a pound of cheese, two ounces of macaroni, and half a teacupful of cream. Wash the macaroni and let it steep half an hour in cold spring water. Cover with a plate and set in a moderate oven or on a stove till the macaroni is tender, but not soft. Drain it in a colander and put it on a dish with a little butter, salt, and white pepper, adding the cream. Cover it with good toasting cheese cut in thin slices, without crust. Set it in the oven, and, if not lightly browned in ten minutes, set it in a Dutch oven before the fire for one or two minutes.



**APRICOT FRITTERS.**—Make a batter of the same consistency as for Yorkshire pudding, add one teaspoonful of yeast, and let it stand six hours. Then add a little salt and a small quantity of salad oil. (The batter would be much better if made overnight.) Take a tin of preserved apricots and drain the liquor from them, dip them in the batter, and fry them in butter or salad oil. Serve with cinnamon, powdered sugar, and lemon.

**LEMON PUDDING.**—Ingredients required:—The juice and grated rind (rubbed on sugar) of six lemons, a pint of cream, six ounces of bruised ratafias, twelve yolks and the whites of four eggs (whipped), half a nutmeg grated, a little cinnamon powder, twelve ounces of pounded sugar, and a very little salt. Mix the whole together in a large basin, and work the ingredients together with a whisk for about ten minutes. Next put a border of puff paste round the edge of a tart dish, spread the dish with butter, pour the batter into it, strew some shreds of pistachio kernels on the top, and bake it for about half an hour (at moderate heat). When done shake some sifted sugar over it and serve.

**COCOANUT PUDDING.**—One pound of grated cocoanut, one pint of milk, half a pound of sugar, six eggs, and a little grated rind of lemon (rubbed on sugar). Boil one pint of milk, add the sugar, grated cocoanut, and lemon. Boil them well together, and when cold add the eggs, pour it into a dish previously lined with puff paste, and bake one hour and a quarter.

## HINTS ON CLOTHING.

—:O:—

OF all the customs of clothing the most absurd is the usual arrangement of bed clothes, which, in order, as the chambermaid fancies, to make the bed look pretty in the day time, are left long at the head, that they may cover the pillows when they are turned down.

You have an intolerable load on your lungs, and that part of the body which is most exposed during the day is smothered at night with double the quantity of clothes that any other part has.

Sleep is prevented by an unpleasant degree of either heat or cold; and in this changeable climate, when often in one monotonous day all seasons mix, delicate persons will derive much comfort from keeping a counterpane in reserve for an additional covering in very cold weather, when some additional clothing is as needful by night as a great coat by day.

Leave off your winter clothes early in spring—rarely before the end of May; put them on early in autumn. By wearing your winter clothes during the first half-dozen warm days you are taking precautions against sudden chills; for in the early spring the winds are very cold when one is in the shade.

Delicate and dyspeptic persons are often distressed by changing their dress, which must be as uniform as possible—in thickness, in quality, and form—especially flannel, or whatever is next the skin.

The change of a thick waistcoat for a thin one, or a long one for a shorter one, not putting on winter garments soon enough, or leaving them off too soon, will often excite a violent disorder in the lungs, and exasperate any constitutional complaint.

Those who wear flannel waistcoats are recommended to have their new ones about the middle of November, with sleeves coming down to the wrist. The shortening of these sleeves in the warm weather is an effective antidote against extreme heat; or lengthening them, and closing the cuff of the coat, is an excellent remedy against intense cold.

When the circulation is languid, and your feet are cold, wear worsted stockings, have your shoes well warmed, and when you take them from the fire put your slippers\* to it, and air, that they may be warm and comfortable for you on your return home.

In wet weather wear shoes with double

upper leathers. Two thin leathers will keep you much drier than one thick one, and are more pliable.

A great coat should be kept in a room where there is a fire; if it has been hung up in a cold, damp hall, as it often is, it will contribute about as much to your calorification as if you wrapped a wet blanket around you.

Clothes should be warm enough to defend us from cold, and large enough to let every movement be made with as much ease when they are on as when they are off.

Narrow sleeves are a very great check on the muscular exercise of the arm.

The head is generally confined by a tight hat, but rarely suited to its natural shape; so, in regard to shoes, the shape of the foot and the easy expansion of the toes are never consulted, but the shape regulated by the fashion of the day, however tight and uncomfortable that may be.

### WRAPPING UP.

A very eminent writer on health says:—"My idea is, however, that the danger is of bundling up too much in our climate. It is better, I think, to trust to exercise rather than very thick clothes to keep our bodies warm in winter weather. Of course, our apparel should be adapted to the season, but it should not interfere with the enjoyment of a brisk walk or expose us to taking cold from stopping to rest. As for the face and throat, it is a mistake to cover them with mufflers, which make them sensitive to every change of temperature. There is such a thing as getting hardened against cold, and so far as this can be secured without dangerous exposure it is earnestly desirable. At all events, there is positive discomfort, if not danger, in muffling one's throat so as to leave it at the mercy of the mild days, which are so plentifully sandwiched among the cold ones in our capricious climate."

## WANDERINGS IN THE WEST OF ENGLAND.

BY MERLIN.

—:O:—

MY most recent wanderings have been in the west of England, always a favourite district of mine for many reasons. The country is simply lovely, boasting some of the most charming scenery to be found in our picturesque island. The people are genial and hospitable, hotels are comfortable, feeding is superb, and—well, why go on to bore my readers with other proofs of the wisdom of my partiality; have I not already said sufficient to stamp the "West Countree" as a terrestrial paradise?

I will now gossip a little about a few of the important and interesting places that are situated on the Great Western line, commencing at what its inhabitants proudly designate the "Queen City of the West"—Bath.

This is one of the oldest cities in Great Britain, and is interesting as a place of beauty, of business, and of health, for its situation and surroundings are charming, its business is considerable, and its hot mineral springs have insured for it the patronage of invalids since the time when Prince Bladud—son of Lud Hudibras, King of Britain—discovered the healing nature of the waters and founded the city in commemoration of his cure from leprosy.

Allow me to quote from the inscription relating to the legend that formerly appeared on one of the public baths of the city: "The illustrious Prince Bladud being afflicted with leprosy, on his return from reaping a rich harvest of knowledge in ancient Athens, shunned the court of his royal father, Lud Hudibras, and consorted moodily with husbandmen and swineherds. Noticing that the pigs of one of these latter always seemed more healthful than did those of the others, the Prince questioned him as to the reason. The swineherd replied by taking his interrogator some way into the depths of a forest and pointing out a deposit of rich, black mud in which the pigs were in the habit of wallowing, and to which he attributed their fine condition. The Prince took the hint and discovered that beneath the mud bubbled the hot springs of Bath. He washed and was cured, afterwards founding the city in commemoration of so signal a deliverance." So

the story goes. No doubt it is true as most of the legends one hears; anyhow, it is fairly interesting, and I give it for what it is worth.

What are undeniable facts are the extraordinary Roman remains that have been recently discovered here during the demolition of some old houses. Specially worthy of mention is the Roman bath, which is nearly as perfect now as it was in the days of the Cæsars. In the grand pump-room and the museum may be seen a magnificent collection of statuary, bronzes, and other antiquities, all of which have been dug up in the district. Bath Abbey is one of the finest cathedral churches we have, and its stained-glass windows are something to see and remember. Accommodation for the traveller is not lacking, as the hotels are numerous and comfortable, being, for the most part, of the good, old-fashioned type that Charles Dickens and Washington Irving loved to immortalise.

Of course, I must say something of matters relating to the interests of the confectioner, and shall accord premier mention to the establishment of Mr. R. Fortt, who is one of the principal members of the craft. This gentleman's spacious store, having fine dining-rooms attached, is situated in one of the best thoroughfares—Milsom-street. Catering is the strong point, and a good proportion of the festive gatherings of Bath and the district owe much of their attractiveness to the skill of Mr. Fortt's staff of cooks and the excellence of the viands and wines that he purveys. Turtle soup is a special feature, and on fine days the pavement in front of Mr. Fortt's shop usually displays one or more of the reptiles—fish, most of our caterers call them, but I differ on that point—which bask in the sun the cynosure of the admiring gaze of the Bath juveniles. Anyone with money in his clothes may feed lusciously here, but the man with taste as well may dine in a manner worthy of Brillat Savarin. Lest my readers think me too eulogistic, I hasten to say that all I have written is founded on actual knowledge of the *cuisine* at this establishment, and it is not praised more than it deserves.

Bath is noted for three specialties in the eating way, to wit: Bath "chaps," Bath "poloneys," and Bath "Oliver biscuit." The two first-named cannot by any stretch of the imagination be classed as confectionery, so we will dismiss them with the explanation that the Bath "chap" is a pig's cheek, smoked and dried in a way peculiar to the city; and the Bath "poloney" a kind of sausage or mystery bag, which, despite its uncertainty, is good enough eating; but the third mentioned, the famed Bath "Oliver biscuit," is entitled to notice as a thoroughly representative English article. The chief maker is Mr. James Fortt, who has an old-fashioned store in one of the side streets, and does a very extensive trade in bread as well as biscuits. It is claimed for the "Olivers" manufactured here that they are from the recipe of the originator—Doctor Oliver, a celebrated physician who flourished in Bath during the latter part of the last century. The trade in these is by no means a local one, as large quantities are shipped to all parts. As a matter of course, there are any number of so-called genuine "Oliver" biscuits in the market, but I think I am justified in speaking of Mr. James Fortt as the proprietor of the original formula.

Sugar confectionery is principally in the hands of Jarvis Bros., who do a good local trade in supplying shops in addition to their own retail business; and of Mr. T. Randall, an enterprising gentleman, who manages to appeal pretty successfully to the trade in his neighbourhood. There are several other dealers in candy, but the two mentioned are the best.

Leaving Bath and taking train for Bristol we are landed at the dépôt of the last mentioned city in about twenty minutes. The impression one has on arriving is by no means favourable, as the approach is through some of the slummiest slums imaginable; but this feeling is soon merged into one of interest, for Bristol abounds in much that is quaint and curious.

Messrs. Champion and Co., of Lewin's Mead, maintain their position as producers of good and cheap novelties, as also of a full line of gum, jelly, pan and cream work. The travellers for this firm cover the greater part of the United Kingdom, and always give one the idea of being prosperous men, representing a

\* The best slippers are a pair of old shoes well warmed; the worst those of plaited cloth, which make the feet tender, and are a hotter covering for them in the house than you give them when you go out.



prosperous house. No small factor this, let me remark, in making up good returns, for according to the way of the world the man who seems to want nothing gets the most, whilst the poor wretch who has to maintain one continual warfare to keep the wolf from his door may go and hang before his fellows will help him. That greatest of diplomatists, Talleyrand, never gave utterance to truer words than his famous quotation—"Nothing succeeds like success."

Bristol has a large direct trade with America through the fine steamers belonging to the Great Western Steamship Company, which sail and arrive weekly. It is the most convenient port for the South-west and Western Counties, and for Wales. American produce of all sorts abounds in the shops; in fact, so far as provisions are concerned, the major portion of those one sees on sale come from the States. American confectionery had a good run down in this district, but owing to the fact that no novelties were sent over, and that the quality was not kept up, the demand seems to have fallen away to nothing.

Messrs. Sanders and Ludlow, of Redcliffe-street, are extensive manufacturers of general confectionery, turning out some good lines at reasonable prices, and getting a fair share of patronage. Of the many smaller jobbers and manufacturers it is needless to speak individually. Collectively, they get through heaps of goods and seem to flourish and wax fat by their trading. The leading retail pastrycooks and confectioners in Bristol are Stuckies, Wine-street; Vickery, Redcliffe Parade and Park-street; and H. Lanham, of Clifton. These about do the cream of the catering business between them.

Weston-super-Mare, a seaside resort, twenty miles from Bristol, has some very good retail confectionery stores. The one owned by Mr. George, the confectioner of Cheltenham, is the best. A considerable amount of taste has been displayed in the fittings and appointments, making it as attractive a store as any in the provinces. A few miles further down the line we arrive at the sleepy little town of Bridgewater, down the main street of which one might fire a cannon during six days of the week without much fear of harming any of the populace. On market day, however, it wakes up, and for a few hours presents some appearance of activity and bustle. With all its dead-alive manner of taking things there is a large business done.

(To be Continued.)

## FAMILIAR SAYINGS.

—:O:—

MANY of our common sayings, so true and pithy, are used without the least idea from whose pen or mouth they first originated. Probably the works of Shakespeare furnish us with more of these familiar maxims than any other writer, for to him we owe "All is not gold that glitters," "Make a virtue of necessity," "Screw you courage to the sticking place," "They laugh that win," "This is the short and long of it," "Comparisons are odious," "As merry as the day is long," "A Daniel come to judgment," "Frailty, thy name is woman," and a host of others.

Washington Irving gives "The almighty dollar."

Thomas Murgan queried long ago, "What will Mrs. Grundy say?" while Goldsmith answers, "Ask no questions and I'll tell you no fibs."

Charles Pinckney gives "Millions for defence, but not a cent for tribute."

"First in war, first in peace, and first in the hearts of his fellow-citizens" (not countrymen), appeared in the resolutions presented to the House of Representatives in December, 1790, by Gen. Henry Lee.

Thomas Tasser, a writer of the sixteenth century, gives us "Better late than never," "Look ere you leap," and "The stone that is rolling can gather no moss."

"All cry and no wool" is found in Butler's "Hudibras."

Dryden says: "None but the brave deserve the fair," "Men are but children of a larger growth," and "Through thick and thin."

"Of two evils I have chosen the least," and "The end must justify the means," are from Matthew Prior.

"When Greek joined Greek then was the tug of war," came from Nathaniel Lee.

We are indebted to Colley Cibber for the agreeable intelligence that "Richard is himself again."

Johnson tells us of "a good hater," and Macintosh, in 1791, the phrase often attributed to John Randolph, "Wise and masterly inactivity."

"Variety is the very spice of life" and "Not much the worse for wear," Cowper. "Man proposes, but God disposes," Thomas à Kempis.

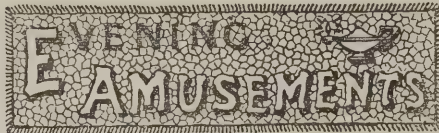
Christopher Marlowe gave forth the invitation so often repeated by his brothers in a less public way, "Love me little, love me long."

Edward Coke was of opinion that "A man's house is his castle."

To Milton we owe "The paradise of fools," "A wilderness of sweets," and "Moping melancholy and moonstruck madness."

Edward Young tells us "Death loves a shining mark" and "A fool at forty is a fool indeed."

"From Bacon comes 'Knowledge is power,'" and Thomas Southerne reminds us that "Pity's akin to love," while Dean Swift thought that Bread is the staff of life."



## OUR SPHINX AND PUZZLE PAGE.

—:O:—

Please to write "Sphinx" outside all letters intended for this department.

### NUMERICAL ENIGMA.

My whole, composed of 23 letters, is an old saying.

My 13, 14, 11, 16, 23 is caused by earthquakes.

My 4, 5, 22, 15 is a musical instrument.

My 17, 21, 20, 1, 8 is a building.

My 10, 3, 7, 6 holds grain.

My 9, 19, 2, 12, 18 is rest.

### CHARADE.

In the LAST, the FIRST sat,

How much plainer than that

Is the nose on your quistical face?

My lady sublime,

In TOTAL would shine,

With bangles, and ribbons, and lace.

### HIDDEN LITERATURE.

1. Bears have been known to hug obnoxious hunters.

2. The inhabitants of some countries marry at twelve.

3. In some of the Southern States cotton is the chief product.

4. Dickens will ever be dear to English readers.

5. A new Co. operates the mine at present.

6. His garb lacks style and fit.

### DECAPITATIONS.

1. Behead to relax and leave to send out.

2. A cover and leave a plant.

3. A tool and leave a habitation.

4. To boast and leave a relation.

5. A ravine and leave for a time.

### WORD CHANGE.

Change talk to sing in four words.

### QUINTUPLE CROSS-WORD ENIGMA.

In muscadine not in fruit.

In proclaimed not in put.

In silk-weaver not in trade.

In assorted not in weighed.

In fore knowledge not in light.

In unstained not in bright.

In sweetbread not in bun.

In chorister not in nun.

Now, go to work if you're inclined,  
Five noted rivers you here will find.

### DIAMOND PUZZLE.

1, A letter; 2, A famous poet; 3, Pertaining to the voice; 4, To corrode; 5, A letter.

### WORD SQUARE.

1, A town in Germany; 2, A town in Turkestan; 3, A division of people; 4, A river in North Africa; 5, A town in Portugal.

### DROP-LETTER PROVERB.

T-o-f-t-a-e-e-d-m-g-e.

### CHARADE.

Upon an axle FIRST is fixed,

Or 'tis of SECOND use;

First is utilised by THIRD,

Now, WHOLE to name reduce.

### A WICKED ACROSTIC.

The very cute acrostic on which the editors of Mr. Dana's New York *Evening Sun* were sold, and which appeared on the editorial page of Mr. Dana's own paper, is as follows:—

### GOOD ADVICE TO ADVERTISERS.

Delighted are they who at the end of day  
Are blessed with the *Evening Sun, Sun, Sun*;  
No paper on earth can equal its worth,

And yet it is only begun, gun, gun.

It's newsy and bright and able to fight,  
So that it will never get left, left, left;

And every line will sparkle and shine

From pencils remarkably deft, deft, deft.

Read always, you know, by a million or so,  
Advertisements in it will pay, pay, pay;

Unrivalled by all, it being so small,

Distinctly each ad. will display, play, play.

ANSWERS TO "OUR SPHINX," No. 11.

DECAPITATION—1. Bear—Ear. 3. Link—

Ink. 4. Plate—Late.

CHARADE—A House.

## THE FISH SUPPLY.

(FROM OUR GRIMSBY CORRESPONDENT.)

—:O:—

May 18th.

THE market has been well supplied with fish latterly, and the prices for line fish, most of the various kinds of which are now out of season, have ruled very low, whilst trawl fish have also sold at rates below the average. The fish now in season are—brills, plentiful, and selling at 2s. and 3s. each; conger eels, rather scarce, 2s. 6d. to 5s. each; dabs, just going out, but still plentiful, and realising 6s. to 10s. per box for live, and 3s. to 5s. for dead; mackerel, yet in their early season, very scarce, 4s. to 5s. per score; plaice, just come in, plentiful, but of only moderate quality, 12s. to 19s. per box; salmon, scarce, about 1s. 5d. per lb.; soles, in moderate supply, £4 to £4 15s. per box, and lemon soles 28s. to 34s.; turbot, yet early, plentiful, 4s. to 8s. each. Amongst shell fish, lobsters, crabs, whelks, shrimps, and prawns are all in season, and fairly plentiful, with the exception of lobsters. In a few weeks' time whittings, hake, and haddocks will come in; and later on cod, gurnards, halibut, and skate. The whole of these fish are now being caught in large quantities, and, as mentioned at the outset, are selling very cheaply. Despite the great quantities of fish daily placed in the market, there is a feeling almost generally obtaining amongst smackowners and fishermen here that the supplies of the North Sea are diminishing, and the matter was considered at a large meeting of the trade last week. It was then pointed out that most of the fishing grounds upon the east coast had become practically exhausted, and the fishermen had to proceed further and further across the North Sea in order to make remunerative voyages. Whilst it was admitted that the scientific opinion that the sea was inexhaustible was theoretically correct, it was pointed out that such limited areas of sea space as composed the fishing grounds might, with the continued drain upon them, become denuded of fish; and many held that this was being done. As a remedy, it was suggested that ground fishing should be prohibited during certain seasons, that restrictions should be imposed with regard to inshore fishing, and that an attempt should be made to replenish the fishing grounds by the artificial hatching of marine fish.

SOCIETY, it has been said, is composed of two great classes—those who have more dinners than appetite, and those who have more appetite than dinners.



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# THE COOK & HOUSEKEEPER

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No. 14. VOL. I.

SATURDAY, JUNE 4, 1887.

PRICE ONE PENNY

## FIRST LESSONS IN CARVING.

THERE is no meat placed upon our tables that requires so much art in serving as game and poultry, and a carver should seize every opportunity of examining the anatomy of the birds that he may eventually be able to place the knife exactly at the proper point. A tough bird sadly tires a carver's power and patience, whilst the whole company have often been thrown into confusion through the flight of either bird or gravy into the lap of the nearest neighbour to the man who is violently wrestling with the task of separating the joints of an old bird. We, therefore, will endeavour to assist not only those who are entirely unacquainted with the art, but also those who are even slightly so. In our illustration it will be observed every endeavour is made to clearly show the different parts to be attacked, and will doubtless in themselves bring light to the uninitiated. If the bird be a young duckling it may be carved like a fowl—viz., by taking off a leg and the wing on either side; but in cases where the bird is very small you need not separate one from the other, as they will not form together too large a portion for a single serving. After the legs and wings are disposed of the remainder of the duck should be also carved in the same manner as the fowl, and not much difficulty will be experienced, as ducklings are very tender and the joints easily broken by a little pressure with the knife. When, however, the duck is a large bird, the plan described for the goose is best to follow—that is, by cutting off slices from the breast shown by the lines marked 1 and 2, commencing them close to the wing and proceeding upwards to the breast-bone. If more is wanted the wings

and legs must be removed in the same way as described in the fowl. But one most important thing to be remembered is that the legs of the duck are placed far more back than those of the fowl, this position causing the waddling motion of the bird; therefore the thighbones will be found considerably nearer the backbone than in a chicken—we give the appearance of both the leg and wing as they should appear

when separated. The carver must ask each guest if they prefer stuffing, and, in order to obtain it, make a cut just below the breast, as shown at 3 and 4, which part is called the apron, and the spoon inserted. As regards the best parts of the bird, an old saying should be remembered, that the wing of a flier and the leg of a swimmer are severally the best portions. As some people are fond of the feet of the duck, they should not be removed when trussing. It is needless to tell our readers that green peas and apple sauce, when in season, should always accompany this dish to table.

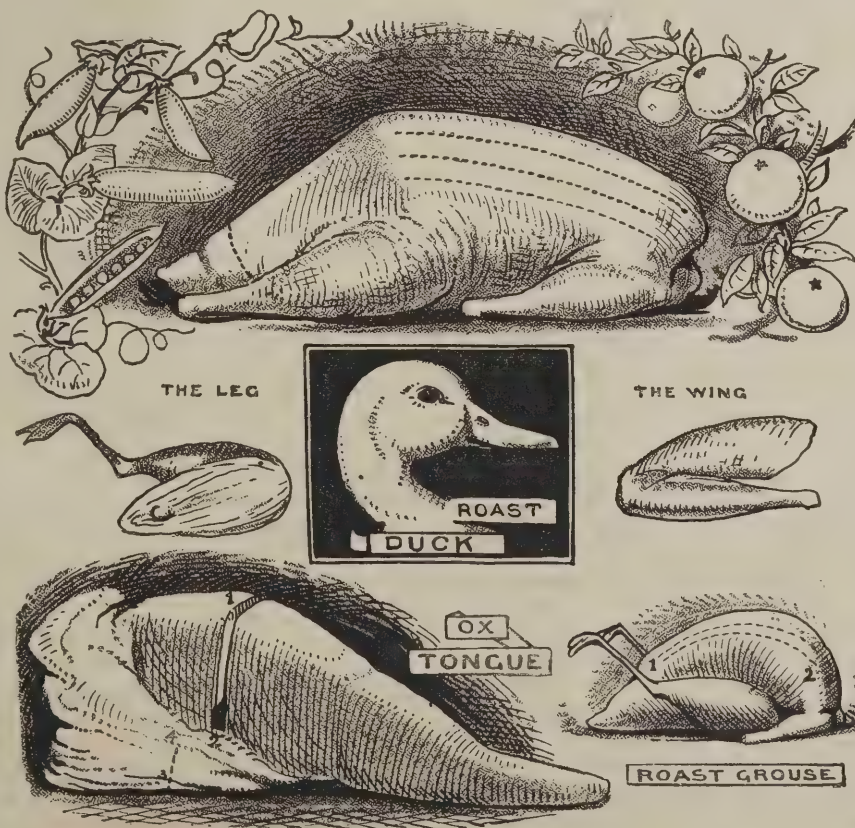
### Ox TONGUE.

To carve a tongue is a very simple task. Pass the knife down in the direction from 1 to 2, and serve slices of moderate thickness, and thus continue until the best portions of the upper side are gone. The fat which lies about the root can be served by turning

the tongue and cutting in the direction as shown—3 to 4.

### ROAST GROUSE.

The best way to serve this bird is to follow the instruction given for carving partridges. The backbone of the grouse is highly esteemed by many, and this part of most game birds is generally found to be of the finest flavour.





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**Chops** (Lamb Chops in Paper with Fine Herbs).—Cut a piece of foolscap paper in the shape of a heart, and sufficiently large to fold a lamb chop in; rub a little oil over the paper, then season the chop with a teaspoonful of chopped eschalots, one of chopped parsley, a little pepper, salt, and grated nutmeg; wrap the chop in the paper, which plait down at the edges; lay it upon a gridiron over a slow fire, turning it frequently; it will take about twenty minutes to broil properly; when done serve in the paper very hot.

**Cockle Salad.**—When young they may be used in salad. Boil them in the shell slowly half an hour; add a wineglassful of vinegar to the water; when done pick out the meat with a pin; put it in a salad bowl with dandelions; prepare a brown dressing, pour it over the salad, and serve.

**Cocks' Combs.**—To clean the skins off put the combs in the middle of a coarse cloth with a little salt, and dip them into boiling water, holding the corners of the cloth; hold them thus a few seconds; take them out and rub them together. If all the skin be not off, redip them, but bearing in mind that you must not let the blood set in them, as you would not then get it out, and your object is to whiten them. Cut off the points of the combs and put them in a stewpan of water at the corner of the stove; the water must not become more than lukewarm, as it will set the blood, and your combs are blackened and spoiled. When white cut them. For use, stew them in a poêle till tender; try them frequently, for they darken the sauce if too much done. The combs must not be allowed to boil or they would break.

**Cod, Cold Salt, with Potatoes.**—Boil the cod in water, add small potatoes cut in pieces, and some very fine shred parsley.

**Cod, Salt, Pie.**—The cod being boiled, drained, and cold, put it by flakes into the paste with some butter, coarse pepper, and a bunch of sweet herbs. When the pie is baked, take out the herbs and put in some sauce made from flour, butter, pepper, and a little milk.

**Cod, Salt, Fritters.**—Take the longest flakes of some boiled cod and dip them in a batter made with flour, wine, a little oil, and a very little salt; fry and serve with fried parsley.

**Cod, with Brown Oyster Sauce.**—Take a good cod and clean it, lay it in a good deal of salt for one night; cut off the head and shoulders and skin it; roll it up neatly; cover with the skin and cord it with a piece of twine. Have a fish pan with cold water and two handfuls of salt. Skim carefully when it boils and draw the cover carefully to the side; let it boil for half an hour and then take it off the fire; lift up the drainer, place it across the fishpan and cover with a cloth; cut away the end. Take off the skin carefully, lay it on a dish. Make some brown oyster sauce and pour it over the fish.

**Codfish, à la Cabillard.**—Cleanse the cod well, and soak it for half an hour in brine, for this fish imbibes no more salt than is just necessary to make it firm. Next tie up the head of the fish and put it into a fish kettle with its brine, and stew over a slow fire without boiling. Serve in a dry dish on a napkin, with parsley round it.

**Codfish, Salt, à la Maître d'Hôtel.**—Cook, after soaking twenty-four hours, until done. Then put it into a dish with shred parsley and green onions, coarse pepper, grated nutmeg, a

large slice of butter, and a spoonful of vinegar; warm it up in this, turning frequently, and serve quite hot.

**Codfish au Naturel.**—Crimped cod, like crimped salmon, is preferable to the plain, and is better cut in slices and cooked than to cook the whole fish. You should have the water boiling with one pound of salt to every six quarts of water when you put in the fish, then draw it to the corner of the stove, then let it simmer twenty minutes to half an hour; when it is done the bones in the centre will leave with facility; be careful you do not boil it too much, for it will cause the fish to eat tough and stringy, and observe in boiling cod that is not crimped to put some salt in the water, it will make the fish cut firmer.

**Codfish Cakes.**—Soak the codfish all night, then scald for ten minutes, put to it an equal quantity of potatoes boiled and mashed, moisten it with beaten eggs, a bit of butter, and a little pepper; pour it into round cakes about half an inch thick, roll them each one in flour, and fry in hot lard until they are a delicate brown. The lard must be boiling and the cakes fried gently.

**Codfish**, picked up, is not a bad dish. It is American in its origin. Pull the fish into little bits, then soak half an hour in a good deal of cold water. Pour off the water, put the fish into a saucepan and add more cold water; simmer till tender. If too salt pour off the water in which it is cooking, and again cover with cold water, and when it boils up drain off the water and cover it with good thick cream, and add a piece of butter half the size of an egg, and larger if the cream is not rich. Set over the stove until it boils up, and thicken with flour wet with water. Serve hot.

**Codfish (Salt) Salad.**—Cut three pieces of codfish, three inches square, from an ordinary-sized salt codfish; split them in two, and soak them in water overnight, changing the water two or three times. Next day drain and wipe the fish dry, baste each piece with a little butter, and boil. If an excellent breakfast dish is required they may be sent to table with hot butter sauce and a little lemon juice. For a salad let them cool, tear the fish apart, and cover with a plain salad dressing; let stand an hour. Put into a salad bowl a quantity of crisp lettuce, drain, and add the fish; pour over it a mayonnaise; garnish with shrimps or prawns, hard-boiled eggs, and rings of lemon peel. Or prepare the fish as above directed; put into a salad bowl; add to it four hot, sliced, boiled potatoes; add a wineglassful of Rhine wine, cover, and allow the salad to get cold; then add a few leaves of endive, two or three anchovies, and one minced pickle; pour over all a plain salad dressing, toss lightly, and serve. The above salads are excellent, and well repay all trouble incurred.

**Codfish, Scollops of, with Cream Sauce.**—Boil a fine slice of cod in plenty of water and salt, when done drain it on a cloth; part it in fine flakes, which dish as quickly as possible, and mash it with cream sauce. Sprinkle a little cayenne over this. This is generally made from a cod previously served. It is warmed in water, drained, the best pieces are simmered with cream sauce.

**Common Pudding, or Sweet, Sauce.**—This is merely equal quantities of wine, most generally white wine, and sugar to some very rich melted butter. Brandy is often substituted for wine.

**Coriander** is usually cultivated for its seeds, but the leaves are often used as chervil in soups and salads. A teaspoonful of chopped coriander leaves in a salad of beetroot and string beans will be found an acquisition.

**Corn Salad.**—Pick over two quarts of corn salad or fetticue, remove all bruised leaves, wash, dry, and arrange it in a salad bowl, add a pint of chopped celery and a few blades of chives; prepare a plain dressing of oil, vinegar, pepper, and salt, and chop up two hard-boiled eggs; just before serving add the dressing, and sprinkle the egg over the whole. An old English custom, which is still in vogue, is to serve a dish of corn salad with a rasher of bacon or a smoked herring at Easter.

**Corned Beef Salad.**—Boil a pound of corned beef slowly three-quarters of an hour; this will make the beef tender, but quickly boiling it toughens it. When cold cut it into strips quarter of an inch wide and an inch long; put these into a salad bowl, grate an inch piece of horseradish over it; slice one boiled potato and

one beet, add to the bowl; serve with a plain salad dressing, if not convenient a bacon dressing may be used. A few leaves of chicory is an improvement in corned beef salad. It may be served with watercress and dandelion or bleached turnip tops.

**Crab, a Pot of.**—Beat the whole of the crab clean from the shell in a marble mortar, with pepper and bread crumbs, warm it with a little gravy, thicken with cream or butter and a spoonful of wine, when thoroughly warm add a little lemon juice, pour into walls of paste previously baked, and serve hot.

**Crab, Devilled.**—The following receipt will be found excellent. Pick out the meat of four dozen hard-shelled crabs in as large pieces as possible; put into a salad bowl, and add to it a pint of mayonnaise; mix it carefully with your hand, as a spoon will break up the crabs; wash a dozen crab shells, put a little of the mixture into each shell, grate a loaf of dry bread, measure out a pint of it, and season it with salt and pepper; sprinkle it evenly over the crab, finally roll twelve little balls of butter, about the size of a hickory nut, put one each on the top of the crabs; bake in a quick oven. When brown on top they are done, serve quite hot with a fine chicory salad.

**Crab—Dressed Crab.**—Pick out all the fish from the shell, divide it into small pieces, mixing the rich part well with the rest, moisten it with salad dressing and return to the shell with an edge all round of sliced lemon.

**Crab Salad.**—Boil three dozen hard-shell crabs twenty-five minutes, and let them cool gradually; remove the upper shell and the tail, break the remaining part into quarters, and pick out the meat carefully, either with a nut-picker or an old-fashioned kitchen fork. The large claws should not be forgotten, for they contain a dainty morsel; the fat that sometimes adheres to the shell should not be overlooked. Cut up an equal amount of celery in bulk as you have of crabs' meat, mix them together with a few spoonfuls of plain salad dressing; put the mixture in a salad bowl, garnish with tuft of endive, hard-boiled eggs, and bit of the crabs' claws. Have a remolade sauce all prepared, pour it over the salad without disturbing the garnish, and send to table. Remolade sauce is better than mayonnaise in crab salad. Or, procure the crab meat as above directed, mix it with a quantity of half dandelion and cress. Mix a plain salad dressing, and add to it a teaspoonful of curry powder; pour over the salad, and serve. Or prepare a pint of crab meat and pour it in the centre of a salad bowl, mound shaped, arrange round it one dozen spiced oysters, put round the oysters a border of celery cut up small. Garnish neatly, send to table with remolade sauce.

**Crab Soup.**—Open and cleanse twelve young fat crabs (raw), and cut them into two parts; parboil and extract the meat from the claws, and the fat from the top shell. Scald eighteen ripe tomatoes; skin them and squeeze the pulp from the seed and chop it fine; pour boiling water over the seed and juice, and having strained it from the seed use it to make the soup. Stew a short time in the stewpot three large onions, one clove of garlic in a teaspoonful of butter, two spoonfuls of lard, and then put in the tomatoes, and after stewing a few minutes add the meat from the crab claws, then the crabs, and last the fat from the back shell of the crab; sift over it grated bread crumbs or crackers. Season with salt, cayenne, and black pepper, parsley, sweet marjoram, thyme, half spoonful lemon juice, and the peel of a lemon, pour in the water with which the seed were scalded, and boil it moderately one hour. Any firm fish may be substituted.

**Cranberry Pie or Tart.**—Put a pint of water to a quart of cranberries, and place in stewpan over moderate fire; add a pound of brown sugar. Stew gently until soft. Then mash with silver spoon, and turn into a dish to become cold. Make them in pies or tarts.

**Cranberry Tart, with Apples.**—Mix half a pint of cranberries with half a pound of sugar and a spoonful of water; let simmer until soft. Cut thin half-a-dozen apples; put a rim of paste around a pie-plate, strew in the apples, pour the cranberries over the apples, and cover with a nice crust. Bake for an hour, to cook the apples.

**Crayfish Salad.**—Crayfish, or crawfish, resemble small lobsters; they are excellent served as a salad, and are extensively used in



decorating cold salmon and salads. Wash ten dozen crayfish and boil them in salt and water fifteen minutes; pick them out of their shells, and remove the entrails in the centre of the tail. Put into a salad bowl the hearts of two heads of cabbage lettuce, add to the crayfish, arrange neatly; pour over this mayonnaise or remolade sauce; garnish with the heads of the fish and hard-boiled eggs. There are two varieties—those found in rivers and the large salt-water crayfish.

**Crayfish Soup.**—Wash half a hundred of crayfish, and boil them on a brisk fire with salt, white pepper, a little nutmeg, and a piece of butter; toss them and stir them without intermission—a quarter of an hour will suffice. When they are all red take out the meat from the shells, and from the belly take the gut which goes to the end of the tail. Fry some bread until brittle and brown, and pound it with the meat, reserving a few fine pieces; dilute with light real consommé to the thickness of cream; add the butter in which your crayfish were done, coloured with red lobster spawn; pound it well, and add it to your purée; then pour the whole through the tammy, and keep it hot in a bain marie. Serve with fried bread, cut into dice.

**Crayfish or Prawn Soup.**—Boil six large whittings and a large eel with as much water as will cover them; skim them clean, and put in white pepper, mace and ginger, parsley, an onion, a little thyme, and three cloves. Boil to mash. Pick a sufficient number of crayfish, or prawns; pound the shells and a little roll, but first boil them with a little water, vinegar, salt, and herbs; put this liquor over the shells in a sieve, then pour the other soup clear from the sediment. Chop a lobster, and add this to it with a quart of good beef gravy, and also the tails of the crayfish or the prawns.

**Crawfish Salad, with Jelly.**—To prepare this entrée some crawfish tails are selected, freed from all shell, and of equal size, trimmed and seasoned. A plain border mould is embedded in pounded ice, and a thin layer of jelly is run over the bottom of this mould. When the jelly is set small halves of eggs are placed on it at an even distance from each other, their points downwards. These eggs are consolidated with jelly poured into the bottom of the mould, and alternated with groups of vegetables of a variegated kind and colour, cooked and thickened with a little half-set aspic, so as to keep them together. The cavity of the mould is then filled up with jelly. When the jelly is firm the border is turned out on a dish; a small support of fat is placed in the centre of the dish, which is surrounded up to the top with some vegetable salad thickened with mayonnaise prepared with aspic. It is against this pyramid that the crawfish tails are laid in upward rows by the aid of a larding-needle; the tails forming rows must be put close together in an inverted direction. The crawfish are then crusted with jelly to give them support and a little brilliancy. The pyramid is at its base surrounded with a circle of chopped aspic jelly. A small subject cast in stearine or fat is fixed on the top of the support. A saucapoonful of mayonnaise or sauce tartare is served with this entrée.

**Cream of Celery Soup.**—A pint of milk, a tablespoonful of flour, one of butter, a head of celery, a large slice of onion, and a small piece of mace. Boil celery in a pint of water from thirty to forty-five minutes; boil mace, onion, and celery together. Mix flour with two table-spoonfuls of cold milk, and add to boiling milk; cook ten minutes. Mash celery in the water in which it has been cooked, and stir into boiling milk. Add butter, and season with salt and pepper to taste. Strain, and serve immediately. The flavour is improved by adding a cupful of whipped cream when soup is in the tureen.

**Cream Sauce.**—Slice half an onion, which put in a stewpan with a few sprigs of parsley, a piece of ham, a few peppercorns, and a part of a blade of mace. Stir the whole on the fire till it has a thick milky appearance; add a table-spoonful of flour, which stir in; then dilute with a pint of thin cream. Keep stirring over the fire till it is as thick as bechamel. Season it with a little salt, strain it through the tammy, and work in a piece of fresh butter and about an ounce of light glaze. Keep it hot in the bain marie.

**Cress Salad.**—Cress is one of our best spring salads. A small basket of cress, such as are found at our markets, if removed from the basket and kept in a cool place, or between two wet

towels, will furnish salads for several days; but the lords of our kitchen have brought it into disrepute by their abominable habit of garnishing every dish that leaves the kitchen with it. A plain cress salad is composed of cress carefully picked and washed and thoroughly dried in a towel and served with a plain salad dressing of a few herbs. A few spring onions are considered an improvement by many. Equal parts of cress and cut-up celery with hard-boiled eggs is very good. Two-thirds cress and one-third cucumber is acceptable. One-third each of cress, sliced tomatoes, and cucumbers make a good breakfast salad.

**Cromwell's, Jane, Grand Salad** was composed of equal parts of almonds, raisins, capers, pickled cucumbers, shrimps, and boiled turnips.

## Vegetarian Cookery.

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**OATMEAL ROLLS.**—Stir into cold oatmeal pudding that has been left over, sufficient white flour to make it stiff enough to knead. The only difficulty in making these rolls is the liability of getting them too stiff with flour. The easiest way to make them is to take a little of the mush on a floured dinner plate, enough for one roll, sprinkle on white flour and mould in with the fingers. Roll them into strips about a finger in length and one and one-half inches wide, and bake in a quick oven.

**GRAHAM BISCUITS.**—Stir sufficient graham meal into lukewarm water to make a dough stiff enough to mix with a spoon. Knead vigorously on a board for a few minutes, cut into biscuits, and bake quickly in a floured pan. Some persons prefer to sift their flour, having it entirely free from bran. Another way to make graham biscuits is to stir into cold graham pudding graham flour until stiff enough to mould. Roll, cut into biscuits, prick with a fork, and bake in a hot oven.

**WHITE GEMS.**—Stir into warm milk, or cream and milk, sufficient flour to make it of a consistency to drop from a spoon. Just as it is ready to go into the oven, beat into it the whites of two eggs beaten to a stiff froth. Bake quickly. Good wholesome cake is made by adding a little sugar and raisins. White gems are for special occasions, and not for everyday dependence.

**VEGETABLE SOUP.**—Half a pound each of grated carrot and turnip, one onion, one apple, one head of celery chopped fine. Add these to a quart of boiling water; boil one hour, and thicken with oatmeal sprinkled in gradually, and boil till the oatmeal is cooked.

**BAKED INDIAN PUDDING.**—Scald one cup of corn meal with one quart of boiling milk, and stir smooth. Add one-half cup of molasses, pure syrup or melted sugar, and beat thoroughly. Place in the oven in a dripping pan containing boiling water. Cover, and bake an hour and a half. Stir the pudding from the bottom several times the first half hour. At the end of that time stir in a cup of cold milk. Whole raisins or sweet apples cut fine, are an agreeable addition.

**BAKED MACARONI.**—Cook the macaroni broken into small pieces for fifteen or twenty minutes, then put a layer in a baking dish, sprinkle with grated cheese and bread crumbs, add a little thick cream or butter, then another layer of macaroni and more cheese, and so on to the top. Pour over the whole half a cup of milk, and bake covered. This is considered a very hearty dish and a good substitute for meat.

**CELERY ON TOAST.**—Celery that is not crisp and fresh may be prepared like this:—After washing the celery and removing the green leaves, cut in pieces about the same as you do asparagus, then put into boiling water. When it is tender, drain it, lay it on slices of buttered toast, dipped in the water in which the celery is cooked. Add a little butter or thick cream, and serve hot.

**MACARONI SOUP.**—Into a quart of boiling water put a handful of macaroni broken into bits and let it boil an hour. Then add two cups of strained tomato, and just before serving pour in a half cup of cream. This is delicious.

**ESCALOPED SALSIFY.**—Scrape and cut the salsify or vegetable oyster into small pieces and throw into cold water. Prepare with bread or cracker crumbs in alternate layers the same as for escaloped oysters.

**APPLE PIE.**—This is a perfectly wholesome way to make pie. Cut in large pieces tart, fine flavoured apples. Place in a deep pie plate without an under crust, and sprinkle over a trifle of sugar. Make the upper crust by wetting up either white flour or graham with cream. Handle it but little. Cover it and bake. Serve warm.

**POTATO AU GRATIN.**—Prepare mashed potato as usual, and mound it in a pie plate or a dish that will stand the heat. Sprinkle fine dry crumbs over the top, and brown on the upper grating of the oven.

**BAKED BEETS.**—These are said to be better than boiled, though it takes a little longer time to cook them. Chopped beets mixed with potato or other vegetables and seasoned makes the best kind of hash.

**BROWN GEMS.**—Mix with water equal quantities of rye and Indian meal and beat to a cream for perhaps ten or fifteen minutes. Bake in thin cakes in hot gem pans.

From the strictly vegetarian standpoint some of these dinners are unnecessarily elaborate and varied, but in a large family allowance must, of course, be made for the difference in tastes. No one is expected to eat everything on the bill of fare.

The Vegetarian Almanack for 1887 gives the following as "a very substantial repast," though one can easily imagine that to many it would seem absurdly frugal:—"Baked haricot beans, mashed turnips, sliced carrots, or any of the green leafy vegetables of the season, plain boiled potatoes, and a pudding. Dried green peas may be substituted for the beans, and the beginner would do well to remember that these are both good to take the place of beef."

But even as simple a meal as this our vegetarian friends consider "too heavy" for those whose work is of a literary or sedentary character, and that it is suited only to persons "who are much in the open air, who have healthy digestions and active absorbing faculties."

The most suitable diet for brain workers, says the same authority, consists of "rice and sweet milk with dates, raisins, or figs, with brown bread and butter. There is no substance in the vegetable kingdom more nourishing and strengthening than rice. It is a diet on which persons can do much work either of brain or body; it will keep a healthy person in health, and build up a debilitated constitution. No one should live exclusively on rice, but everyone should make it one of the constituents of his diet."

Here is another recipe from the same source: "Cauliflowers also make a very nice dinner, nicely boiled and dressed with butter sauce, flavoured with parsley and sweet herbs. These, with potatoes, brown bread, and a pudding, are quite enough for a family dinner."

The man or woman of self-indulgent habits, who sits down daily to a course dinner, with soups, French-made dishes and *entrées*, meat, vegetables, sauces, pudding, pastry, ice cream, sweets, &c., smiles and perhaps sneers at the idea of living on this "starvation diet"; but the vegetarian in his turn can afford to bear both sneers and smiles, for his simple food insures him against gout, rheumatism, dyspepsia, nervousness, sleeplessness, biliousness, doctor's bills, and perhaps bankruptcy. He is serene, cool in judgment, clear headed, and intuitive, his animal nature under control of his spiritual faculties, and life has to him a far happier aspect and deeper significance than to the overfed, nervous, dyspeptic high-liver, who, sooner or later, in sickness and pain, too often in premature death, pays the penalty of his dietetic sins.

EVENING funeral services are becoming very frequent in New York. It is urged in favour of the growing custom that it affords gentlemen opportunities for attendance that they can hardly take during business hours. Besides this great convenience, distressing scenes of parting with the dead loved ones are kept from the gaze of the curious and unsympathetic. Upon the score of economy, too, it is to be commended. The remains are kept over night, and the next morning they are unostentatiously removed to the place of burial, followed by only a few carriages with the nearest relatives and family intimates.



## Fireside Novelettes.

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### A MASTER-STROKE OF BUSINESS.

—:O:—

VI.

AT this moment a little man, dresscoated and gloved, carrying his hat in his hand, and disclosing a very bald head, presented himself as suddenly as a harlequin in the midst of the party, and greeted with the utmost effusion everybody present by name, including Esmond, who was positive he had never seen the gentleman before. This was Mr. Roseblossom, the universal scandal encyclopedia of the summer resorts, who knew the *personnel* and history of everybody who was anybody, although he was entitled to shake few of them by the hand—and of whom Nelly had just spoken. He plunged at once into a descriptive list of fashionables, not at Long Branch alone, but at Newport and Saratoga, with such avidity, directing his remarks especially at Mamie, that Esmond felt a sentiment of high dudgeon. He coolly excused himself for interrupting the gentleman in the midst of his list, and asked Miss Nelly if she would not like a stroll around the verandahs, and, leaving the unselfish Mamie to bear the brunt of the gossip's companionship, he drew Nelly's arm beneath his own, and leisurely began the promenade of the broad verandah. The waiters were still whirling their tireless round, and the vendors sleeplessly pinned their heads to the wall; but the miniature stock exchange, which had confined its limits to the lobby and the verandah immediately fronting it, had overflowed, and leaning against the verandah columns in both directions, and even sitting in the windows of the ballroom were knots of men excitedly discussing the corner in North Atlantic.

"See how business men pursue pleasure," said Esmond. "In ages to come, when New York shall have become old and rich and leisurely, we will probably have a watering-place where people will go for rest."

"A consummation devoutly to be wished," said Eleanor. "A watering-place, too, where women will not dance away the summer nights in the heated light of ballrooms as they do here."

"True," said Esmond. "Why, by the way, *should* we take pleasure in such peppery doses? I mean, why is excitement pleasure to us? Fishing on a sleepy lake is the true model of pleasure. Some such quiet, lazy method of passing time is my ideal of a true existence."

"I fear Long Branch is the worst place you could have come to to put your system into practice."

"If the Stock Exchange is to be transferred here, I shall fear so, too. Why, for a sensation, Miss Darcy, just hear the kind of talk which entertains these men, and by men, you must understand, I mean the grand old definition—one made in God's own image."

"North Atlantic's rising so high," said a grey-haired gentleman, leaning against a column, to a knot of younger ones eagerly gathered about him, "that there's bound to be a smash among the operators. The corner was devilish well conceived."

"South Minnie's rising, too, you know."

"T'leder-Wab'sch and 'Laukee-Sinpaul are all running up the same way."

"How earnest they are!" said Esmond. "What object is there in life to them at the present moment except stocks! Do you remember, Miss Darcy, the story of that broker Meyer, who bought gold during the Black Friday corner at 150 and 160 and 62 and 64, steadily paying the rising price and loading himself with liabilities, in the confident assurance that the corner was sound, and that the manipulators would run all the gold in Wall-street, and could ask any price for it—do you remember it?"

"Yes," said Nelly, nervously, "I remember it. I think I remember all the great stock transactions, for they were all father could discuss when he came home."

"Yes? Well, the most dramatic picture that I have ever seen or read of was the sudden fall of that man. The Government suddenly sold gold to break the corner, and it fell, like a house of cards, from 64 to 38, and the fall crazed that

broker's brain. He stood in the gold room, long after the rest had accepted their losses, and shrieked out "164" for the gold that was now at 138, and kept shrieking it out as if in defiance of Fate until the gold-brokers turned away sick at the scene, or remained only to laugh at his mad antics. There was a lesson in that scene—"

Drury's own name, mentioned in a group near attracted the attention of both of them.

"Drury made a deuced big haul on North Atlantic."

"Oh, he's running the corner."

"Yes, him and Capsheaf."

"I observe," said Esmond, "that my honoured father has been exercising his business talent in the general display—making some less fortunate operator suffer, no doubt."

"This is almost painful to me," said Nelly. "Let us go."

"It sounds very puerile and hollow," said Esmond, huskily. "Strange, is it not, Miss Darcy, that Nature goes on her way complacently, while the affairs of men are in such a crisis? The moon dances on the water there, the waves lap the shore, and murmur their unceasing hymn, all the same, unmoved, while pitiful man, whose whole sum of life could be sponged for ever off the slate by one of that great ocean's bubbles, stands here excited and desperate over a rise of one per cent. on his favourite stock! Come, let us drop the 'shop,' and talk of nobler things."

He glanced downward into his companion's face. It was pale, and there was an anxious expression about it, for which he could not account. She looked up at him quietly, however, and said, in low tones, "I am listening."

"Do you notice," said he, softly, "what a magnificent effect these tall columns of the veranda produce? Look at them now with the moonlight beyond. They remind one of some of the long corridors in the old Alhambra—"

A voice in a group near them said—

"I'm told Darcy has lost to Drury like the devil."

Nelly instinctively grasped Esmond's arm and halted.

"See," said Esmond, without a change of tone, quietly drawing her forward as he spoke, "how effective is the long vista with its black shadows and its silver streaks, and the interminable stretch of dancing blue and gold beyond—"

"And I hear," said another voice in the group, "that he's trying desperately to hedge to-night. He's been offering 95 for 30,000 of North Atlantic."

Then the group laughed.

In a larger group, gathered on the grassy plot at the corner of the veranda where the promenaders now were, a sudden commotion ensued. A hand filled with papers was raised above the heads of the others, and a thin, shrill, excited voice, the sound of which made Nelly cower, shrieked out:

"I'll give 95 for 30,000 of North Atlantic—95, who'll take it?"

And that group laughed.

As Esmond felt the shiver that agitated Nelly Darcy's frame, and felt her grasp tighten and her weight increase upon his arm, and saw her head droop and presently rest unconscious against his breast, he put his arm about her waist, and quietly drew her to one of the many vacant chairs that were scattered all over the veranda.

"Courage, Miss Darcy! he whispered. "Take courage; all is well."

As he murmured these words in her ear, he felt within himself again that sudden glow of love for helpless beauty that had so strongly assailed him when the drowning Nora clung to him for help.

Mamie sat with her gossiping companion but a few yards away. Esmond beckoned to her as he caught her glance turned in his direction, and she hurried toward him without excusing herself to her companion, who was just at that moment telling, with the deepest interest, how Miss Mackintosh had dressed herself for the great ball at Saratoga, all in diamonds, and her father had suspended that very day.

"It is merely a faint," said Esmond, as he pointed to Nelly. "The crowd was oppressive. I will go for water."

As he turned away he heard the voice of Nelly returning to consciousness—

"It's nothing, dear."

Then he heard a low, startled wail as Mamie sank upon her knees at Nelly's chair—

"Nora, dear Nora, what is it?"

Esmond stopped for an instant. Then he strode along again, half bewildered, but with his head in the clouds. The same voice, the same words, the same name that he had heard appealing from the sea.

VII.

THE miniature stock exchange was still at its busy height as he passed into the lobby. He sent a hall-boy with a glass of water to the two young ladies on the front piazza, rightly deeming that it was best to relieve them of his presence for at least a moment. He met one of his stockbroking friends near the clerk's desk—one whom he had found a consummate bore two days before, with his eternal Erie, Northern Kamchatka, Central Eutopia, and other shuttle-cocks of the mart. But now an unaccountable elation animated Esmond, and he glowed with an effusive feeling of affection and kindness toward all mankind. And in that spirit of brotherly tenderness his eye brightened with delight even at seeing the bore.

"Well, Sharpless," he said, "you are having a lively session here."

"Yes. What are your private advices, to-night?"

"Mine? Haven't any! Haven't got a single stock on the list."

"The devil you haven't!" replied young Sharpless. Then suddenly he assumed the jocular, confidential air, and, running his cane into Esmond's button-hole, half whispered, "Should think the old man might a' put you up to a thing or two!"

"The old man!" said Esmond, blankly.

"Ye—es! Your governor, you know. Why he knows the market for two weeks to come?"

"Oh! my governor. Yes. I understand."

"He got on to old Darcy hard, eh? Buying them thirty-two thousand of N. A. from him at 93½, when everybody thought they were going to the devil in the general smash. Hefty, that, don't you think so?"

"Well, how did they go?" asked Esmond, blandly.

Sharpless opened his eyes.

"Why don't you know? It's an everyday matter with your old man, I presume?"

"Positively I haven't cared for business much since I came here, and —"

"Well, they run up two and a half this afternoon, and kept a-running long after closing hours. Old Capsheaf—the president, you know—they say he mortgaged every cent he's got and put it into the road, and sent word that he'd bust before N. A. should, and up it went. And that's the way your dad cleans Darcy out. What I call getting on his head with both feet, don't you?"

"'Twas rather a lucky stroke of business," said Esmond.

"Lucky! Yes, devilish lucky, that was! I'd like to ha' been in the corner that worked that piece of luck; that's all—don't you think so?"

Esmond laughed and shrugged his shoulders. "I wouldn't have to wear my travelling duster for an overcoat next winter if I'd had my nip at that little game, you can bet! But come now," he said, suddenly, putting his mouth close to Esmond's ear, "what points have you got? Capsheaf and your dad are hand-and-glove in the corner, and you must have heard how N. A. is going to-morrow."

"No, sir," said Esmond, quite coolly. "I have not heard, and have no points."

He quietly shook himself free of the grasp of Sharpless and walked away. Behind the office desk stood his inert friend of the afternoon, who was listlessly looking at the busy crowd, while two young men were pouring into his seemingly-inattentive ears some marvellous story of stocks. He never changed his position as Drury advanced. A slight glance, cast somewhat contemptuously upon the rebellious guest of a few hours before, was the only sign of recognition which Drury caught.

"Has my trunk arrived?" asked Esmond.

The figure turned an abstracted gaze upon the questioner.

"Has my trunk arrived?"

"Name?"



"Drury."

The figure seemed suddenly endowed with remarkable animation. It looked up quickly at the tall form of the young man, and then glanced sharply at the two others who had been entertaining him.

"Your trunk," he said quite briskly. "Let me see—where from?"

"From Sandy Hook. I sent it there inadvertently this afternoon."

"Yes, yes! I remember. See in a moment." He touched a hand-bell near him. "Rather lively in the stock market to-day, Mr. Drury," he said, during the interval before the hall-boy's arrival.

Esmond silently bowed.

"Ask the porter if Mr. Drury's trunk has arrived from Sandy Hook."

The hall-boy was off.

"North Atlantic went up pretty rapidly to-day, Mr. Drury."

Esmond arched his eyebrows, and said nothing.

"I'm told," said the inert clerk, leaning far over the desk, and gently feeling the texture of Esmond's coat—"I'm told that Darcy has lost heavily on N. A."

The porter arrived at the remark ended.

"Mr. Drury's trunk come?" inquired the clerk with a show of despair at being interrupted.

"No, sir."

"Can it possibly arrive to-night?" asked Esmond, sharply.

"Yes, sir, on the 9.30 express."

"Then I want it placed in my room the moment it comes."

"That will be all right, Mr. Drury, said the clerk. "Be sure and see to that, porter."

Then Esmond walked away. As he passed a window looking from the office on to the veranda, he could see the clerk and his two friends bending their heads closely together ever the counter again. Their eyes were greedily following him.

"They, too, have heard how Drury has warmed Darcy on N. A.," thought Drury bitterly. "To be in old Capshaf's confidence, and bet heavily on a certainty, is quite an assurance of fame, I see!"

He stepped round to where he had left the Misses Darcy, but they were gone.

The trunk did arrive on the 9.30 express, and was placed in Mr. Drury's room with marvellous despatch.

Esmond searched through its contents until he came upon an old letter, with its creases soiled and partly torn, and the envelope cracked and broken at every corner. He took out the letter, lit a cigar, and sat by the open window under the gaslight and re-read it:—

"New York, December 25, 187-.

"My dear Boy,—I observe that your travels are greatly improving you. Habits of correctly observing human nature are plainly developing in your temperament, and I am excessively glad that it is so. Books are as nothing to the science of man. You cannot make yourself a just man nor a learned one until you have tried and studied your fellow-men. You know how anxious I am that you should be trained in the right path. I want you to have experience. I am willing that you should pay for it in the only way that experience can be bought—by personal inconveniences, if necessary—and I am doubly willing to pay the money prices that usually accompany the personal inconveniences. To-day is Christmas, and the exhortations to justice, integrity, upright dealings, and charity, which I might urge upon you here, will, I believe, be strongly suggested by the associations of the day. I hope and pray, my boy, that you will be known as the honest, upright gentleman, the true Christian, and the kindly brother in a brotherhood of man.

"As to your choice of business, I do not propose to bind you at all, as you well know. I would like you to follow my own avocation, and confess that I hope to perpetuate the house of Drury in my son and yours. If you find your inclinations running in a business vein, try your hand. If you lose, that is the experience which is not too dearly purchased. If you gain, I shall be glad mainly over an evidence of your business capacity. I feel sure, however, that your mind runs rather to the æsthetic than the practical. You are more of a poet and a dreamer than a 'speculator' or

an 'operator,' and I am content. But I must confess that I should very dearly like to hear in your travels that you had contracted some purely business affair—something that might stamp you at once as a practical worker in the world's harvest—some master-stroke of business!

"I write these lines as a guidance to you in your coming contact with the world. Whether you follow them or reject them you will always be the one cherished object of affection in this world to

"Your devoted Father,

"HENRY J. DRURY."

(To be Continued.)

## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

—:o:—

WOMEN are much more thoughtful of the comfort and happiness of others in little things than men, we are assured by a champion of the sex. The little courtesies and attentions, the graceful and gentle words, that are to them, when coming from the best and dearest, as the breath of life, are of much less importance to their husbands. But, judging by their own appreciation of these tokens, they offer them freely, and if accepted carelessly, or with no response, it hurts. How silly most husbands would think their wives if they could for a moment realise how sharp the pain is!

In general it is no lack of affection, no sign of estrangement, no clouds rising in the distance threatening disaster—it is only want of thought, inability to understand the needs of organisations so unlike their own. Then, again, the wife is in danger of forgetting, in her less absorbing cares, that her husband's duties are often complicated, requiring close attention and, perhaps, much anxious thought; and it would not be strange if, returning from such responsible and difficult labours, the affairs of business or office should still linger in his thoughts, making it sometimes difficult to give a prompt and hearty response to loving attentions.

But the great danger lies in lack of openness and mutual confidence. If these peculiar traits are not understood by both, by-and-by serious coldness and misunderstandings may spring up that must eventually mar the beauty of their married life.

These little clouds are not always, unfortunately, the offspring of over-sensitiveness on the wife's part, and the cause not always absent-mindedness and too great absorption in business on the husband's. Lack of confidence between husband and wife is the canker-worm which has destroyed the peace of thousands. Here the wife is usually more in fault, in the early days of their married life, than the husband. She keeps to herself the little mistakes and troubles that to her are a source of pain and annoyance because they may seem childish and insignificant to him, and she shrinks from being teased or ridiculed. But let a wife go to her husband freely with her troubles, mistakes, or follies even, and if he is at all worthy of that sacred name he will assist her to overcome and help her to bear them.

There can be no safer way. He is not her judge or master, but her other self; and being one it is easier to bear the frets and vexations of life together. Confide in one another. He will give her strength and courage, and her quick, instinctive penetration will often help him to see things in a truer light than he would have done alone. He is in the busy world all day, his thoughts distracted by many details and perplexities; but she—away from the turmoil and vexations of active, outside, business life, and often much alone, or with only her young children about her—if her husband has confided in her, thinks over the topics they have talked about together, looks at them from every point of view without such interruptions as distract his thoughts, and has the time to pause, ponder, and reflect which he

needs, but in the whirl of business cannot secure.

Without perfect confidence marriage happiness cannot be permanent. It is not, as Shakespeare says, "a sweet marriage." There can be no true union where, either through pride or fear, or the consciousness of mistakes and errors, one conceals from, or attempts to conceal from, or attempts to deceive the other, or holds back from any motive that which each has a mutual right to know. Of course, professional men are an exception, in so far as they withhold from their companions the affairs of others committed to their care *professionally*—not a step further. In all else they who practise concealment, even in business matters, lose half the joy and blessedness which heaven designed that marriage should bestow.

Want of confidence on the part of the husband, after the novelty of married life and having "a home of his own" has worn off, is more frequently practised from the foolish fear that by confiding truly in his wife she may exact it as a right; and his pride takes the alarm lest, trusting to his other and often far better half, he may risk the loss of some of his boasted independence.

The wife is sometimes tempted to concealment, and sometimes to deceit and falsehood, through fear of her husband's anger, or, worse, the dread of his ridicule. She may have erred in judgment, or done some foolish, weak, *but not wicked* thing, and having learned too soon that his tones are not always of the gentlest, feels that, instead of guiding her to a clearer light and higher life, he will be more likely to sit in judgment on her mistake, or, what is the sharpest thing for a loving heart to endure, make a jest of her mistakes or ridicule her weakness.

The only perfect remedy for all this is perfect confidence, and, above all, avoiding all confidants of either sex.

### HARD TIMES AND HAPPY HOMES NOT INCOMPATIBLE.

After a hard day's work, with small remuneration, many a man returns to his humble home content and happy, knowing that the coarse, perhaps scanty, fare he will find will be seasoned with love by the wife who watches for his coming, and who daily labours, as hard and as cheerfully as he does, for their mutual support and comfort. Both are patient and happy in their present state, but looking hopefully forward to the good time coming, when they may reap the reward of their "patient continuance in well-doing." Gradually, perhaps, the way becomes easier, and the heavy burdens lighter, until riches seem not far distant; and long before they have passed middle age they may enter into the middle classes, or even become millionaires. Stranger things happen.

In their early home how often on a winter's evening have the husband and wife talked about what they would enjoy, and what they would do, should success attend their united efforts, and release them from the cares and burdens that belong to an income so small as to be almost poverty. If at last these dreamers realise what they have so courageously battled for, what is the result? Who will ever know how many times they look back to the small and meagrely-furnished room—their "wedded love's first home"—which they so joyfully exchanged for a grand mansion, and honestly feel that, in that cramped and scarcely comfortable spot, they realised more true happiness, a deeper and stronger love, than they have found amid the splendours that now surround them?

The following illustration of the trials of young couples is told by an eminent authoress:—

"Not long since a young wife came to me, earnestly desiring to learn, if it was in her power, to help her husband by her own exertions. With a small income to start with, greatly diminished by bad times, they could no longer pay what they had been doing for their board—they had been living in a boarding-house, where, without extortion, they had found a comfortable living.

"We asked, 'Could she teach, or do fine sewing?' 'No; she did not think it wise to confine herself to such work so closely as to make it remunerative, and she was certainly not capable of teaching.'

"What salary did her husband receive?"



'£170 a year. There was no family save herself and husband.'

"Did she understand house work? Could she cook nicely, but not extravagantly?" 'She thought she could. They had some furniture of their own.'

"Then why not take two rooms and a kitchen until they could furnish a small house?"

"The look of amazement that flashed across the bright young face would have been a fine study for an artist."

"Commence housekeeping in two rooms, with only £170 a year! Madam, you cannot be in earnest? We could not live decently upon so small an income."

"We assured her that we were in earnest, and, though she would be unable to receive no other company than relatives, yet we were confident a capable, efficient wife could make this small cage a home of peace and contentment, and secure a good share of the real comforts of life—a home round which in after years might cluster some of the sweetest experiences of life."

"The lady was incredulous, but very much in earnest, and modestly wished we could spare time to give her some practical explanations as to how this could be accomplished. Time with us is a very scarce article; but we never spent an hour which has given more pleasure in the retrospect, because we have learned that the seed was sown on good ground, and has brought forth good fruit."

Sometime after the lady who records the above had a letter from the same lady, saying, "I hope you have not forgotten the young woman who came to you about a year ago for advice in her domestic affairs. I have not forgotten your kind advice, and, best of all, that scrap of your own experience in your early marriage life which you gave me."

"Shortly after that visit I acted on your advice, gave up my lodgings, took two rooms and a kitchen, and commenced housekeeping. My husband protested against it; my own family friends looked dubiously on, and shook their heads mournfully at my attempt; but I only replied to all remonstrances, 'Mrs. B— has done it, and I think I can,' and I kept doggedly on. In about two months we had our two rooms nicely carpeted, and sufficient furniture to make them quite respectable. But about that time my husband's mother sent for him to make a visit home, and while there he concluded to go into business with his father."

"To show you how virtue is rewarded, I was sent for immediately; and here am I in old Erin, in a cosy little house, nicely furnished, and with a servant at my command. What though the house was built long ago, and the servant makes my hair stand on end by her ways of doing things, and the society is about as far advanced in ideas as our people were a century ago? Cæsar said, 'Better be first in a little Iberian village than the second in Rome;' and I think he was right."

(To be Continued.)

In private, watch your thoughts; in the family, watch your temper; in company watch your tongue.

A QUAIN lesson in economy was given by an English woman of wealth and position to an American friend. It related to the method of preserving a stair carpet. To maintain the elegant carpet in its entirety as long as possible the owner said that she and the lord of the mansion had agreed to traverse certain routes on the stair carpet, the one to keep always to the right in going up and down, and the other to walk only upon the left-hand side of the carpet. It was expected that company would keep exclusively to the centre of the stairway, and that as a result of the arrangement the stair carpet would grow old with equal rapidity in all its parts.

For biliousness the editor of the *Boston Medical and Surgical Journal* considers a plain diet of bread, milk, oatmeal, vegetables, and fruit, with lean meat or fresh fish, is best. Exercise in the open air helps. The victim of an acute attack will be righted by—1, abstinence; 2, porridge and milk; 3, toast, a little meat and fish and ripe fruit, thus coming to solid food gradually.

TOBACCONISTS.—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.

## WANDERINGS IN THE WEST OF ENGLAND.

BY MERLIN.

—O:—

(Continued from page 206.)

EXETER is the next halting place, but the confectioner is not well represented. Mr. F. Shapley has two stores devoted to the sale of candies, and does a nice trade. There is a very old-fashioned pastry cook's, owned by Messrs. Murch and Goff, in the Cathedral close, and two or three smaller ones calling for no special mention.

Still going westward, a two hours' train journey brings us to Plymouth, a lively town doing big things in our trade. Messrs. Sackett and Sons, of the Millbay Works, are the largest manufacturing confectioners, and do an extensive business. This firm has several retail establishments and go in considerably for novelties. Your subscriber, Mr. H. Matthews, of Bedford and High streets, has just completed very extensive attractions at his Bedford street establishment, making it nearly double the size by adding the adjoining premises. Mr. Matthews and his three sons are decidedly "go ahead" individuals, who entertain a proper contempt for those moss-backed old fossils who seem to have taken for their motto:—"As it was in the beginning, so is, and ever shall be, world without end. Amen!" and to regard any improvement as needless. It is a matter of congratulation that, in the ordinary course of nature, these conservative members of the craft will have to hand in their cheques some day, and make room for the younger, *live* generation.

I happened to be in a post office the other day when the mails were arriving. Excluding a few bundles of letters and newspapers, one bag was completely filled with boxes of wedding cake. When its contents were emptied on the counter, such a sight of confusion as I never before witnessed met my eyes. Nineteen out of every twenty of the boxes had come to grief, while the cake, which was reduced to a pulp and mixed with sealing-wax and dirt, was enough to turn one against marriages and their appertainings for ever. How the sorting clerk managed is more than I can comprehend, as the boxes were broken into an average of about eight pieces. All this waste, labour, and disappointment were occasioned by the flimsy nature of the boxes. Those who have seen the mail bags loaded and unloaded at the railway stations know full well what rough handling they get, and consequently anything of a fragile nature requires to be strongly packed to withstand the throwing about, and even trampling upon, to which many of the bags are subjected. The boxes in use at present for the transit of bride cake are open to great improvement. Could not some one introduce a suitable box made of tin? It would be easy to decorate them appropriately, and they would prevent persons receiving empty broken boxes when they expected cake, and the post-office authorities from being continually troubled with trivial and useless complaints.

In my last letter I had some few words to say against the lodging-house harpy of our fashionable seaside resorts. Since then I have been away myself, and my feelings on the subject are intensified a thousand times, for I managed, with my usual luck, to get into the clutches of one of the worst of the bad crew. "*Vestigia nulla retrorsum*"—freely translated, "No leavings go up stairs again"—was her maxim, and she acted up to it to the very letter. The tongue, the bacon, the butter, were all spirited away by some mysterious magic, and when the old witch was summoned from the nasty depths of her back kitchen, where she looked like some bloated spider, to account for the defalcations, she, with the most unblushing effrontery, would throw all the blame upon the cat. An extraordinary animal was this same pussy. According to its mistress' account it must have had nine stomachs as well as nine lives, if it was answerable for all the provisions that lost themselves. Its emaciated appearance, too, gave the lie to the assertion that it had devoured within twenty-four hours enough food to supply the wants of half a dozen hungry coal-heavers. This cat had a fondness for ardent spirits. They used to vanish like snow in summer, and it was really wonderful with

what amazing rapidity that feline specimen could lower a whole bottle of Irish whisky without showing any greater signs of inebriety than sitting on the garden wall and squalling out at the top of its voice the most diabolical sentiments in cat language. This cat used to enjoy a cigar after dinner, and my Havanas went the way of the liquors. I stood all this and more; but when I found out that the beast—it was of the Thomas Henry persuasion, by the way—had developed a weakness for wearing my boots and shirts on its nocturnal courting expeditions, I thought it about time to depart before the animal decided to eat me. But enough of this much-maligned mew—the lodging-house cat. Yet its existence is a proof that the usually accepted account of the creation is correct, so far as the order in which the animals were formed, for the cat must have been created before the lodging-house landlady, as she could never have passed a single day without pussy's furry cloak to cover her sins. There are some exceptions to this rule, and now and then *may* be found an honest woman to whom cold meat is not a temptation, and who does not levy blackmail on her lodger and on everything that is his. But, as a rule, they go on the principle that the stranger within their gates is a bird of passage who will return to them not again, and so must be plucked without mercy whilst they have him. Never again for this bird; he is going to stay on his own bush for the future.

We have quite a considerable American colony amongst us here in London. Kensington, Mayfair, and Belgravia are invaded by them. They have taken possession of the sacred places behind Piccadilly, and are to be met with at receptions, at concerts in every part of London, from the park to the play. Just now it seems the correct thing to have some connection with America—to have an American wife, or an American farm, or an American oil well, or a share in some American speculation, or, failing these, to eat American caramels, or regenerate our livers with American hop bitters, or to use some one or the other of the American "notions" that are inundating our country at this present time.

There is hardly a prominent thoroughfare in the metropolis which does not boast its Yankee "notion" shop, where may be obtained anything from window-wedges to watches, from needles to crow-bars.

There can be no doubt but that the South Kensington shows have proved decidedly popular, and have afforded the maximum of enjoyment at the minimum of cost to all classes. Hundreds of thousands have been attracted to London, and the pecuniary gain has been immense, the plunder being shared by hotel-keepers and tradespeople of all classes. Manchester has now a grand International Exhibition, and the inhabitants of Cottonopolis are talking "big" as to what they can do.

I saw some dainty and novel confections the other day. They were—first, *pâté de guimauve*; second, *glacé cherries*; third, *glacé ginger*; and, fourth, *glacé pineapple*—all coated with chocolate. The combination of flavours was very fine, and these goods form the latest offerings to the insatiable British public, who, like the Athenians of old, are always clamouring for something new.

Birmingham has enough confectioners and restaurants in all conscience. Amongst the principal of these are Messrs. W. Pattison and Sons, of Spring-hill, who are great on boiled sugars and pan work. This firm has recently gone in for manufacturing the finer grades of fondants, but these goods are by no means up to the standard of excellence that characterises all their other productions. When genuine Paris-made fondants can be obtained for 16 cents per pound it seems hardly worth while to pay a higher price for an inferior home-made article; for, say what we may, the French can "lick us into a cocked hat" in the manufacture of fondants and cream goods.

Rowntrees, of York, are still producing fine chocolates, and the demand increases daily. I notice that they have agents in America, who also handle the goods of Mr. R. Gibson, of Manchester. This latter gentleman's trade must be cosmopolitan, as wherever I may be in Europe his, by this time familiar labels and packages meet my gaze.

Patriotic individuals have been raising a



howl of indignation over the increasing number of foreign waiters that are to be met with in our hotels and restaurants. It seems there are about 17,000 of the home-raised article, who say that all the best places are occupied by the Teuton or the Gaul, and want to know why this state of affairs is allowed to continue. The reason is simple. It is because foreigners make better waiters than Englishmen. They are more attentive, as a rule; they certainly have more control over their tempers; they are better linguists; and, generally speaking, they are handier men. If English waiters wish to compete with foreigners in this department of service they must learn their trade. The rush and hurry of some foreign waiters, as they fly about with napkins on their arms, is trying to the nervous system; but not more so than the stolidity of the average English waiter, who uses his napkin for many strange purposes, and moves about with phenomenal slowness and caution, is to the temper. Englishmen will have the best service they can get for money, and, if their own countrymen will not serve them well, it is useless to grumble when they seek those who will.

Rather a good story is told of a country visitor to one of the big London hotels, who, on arriving late, asked to be at once shown to his room. He was accordingly directed to the lift and duly shut in. On reaching the top floor the door was opened, and it was discovered that the *bonâ fide* traveller had commenced undressing for the night under the impression that he was in his bed-room. *Se non è vero, è ben trovato.*

Those would-be guardians of public morality, the "great unpaid," are at it again. Just now they are possessed with a burning desire to put down "prize packets," as they consider that the practice of placing a prize of jewellery or money in them fosters a love of gambling in the youthful heart, and they seem to regard confectioners' shops as embryo Monte Carlos or Homburgs. I am at one with their endeavours to suppress the practice, but for a different reason; I would do so on account of the vile quality of the sweets that find their way into these packets—only the very commonest rubbish being used—and as I consider that it must be injurious as well as dirty to put brass trinkets or coins together with anything that is intended to be eaten. Furthermore, it is not fair trading, and it is prejudicial to the interests of the confectioners themselves, who have their own good wholesome candies shelved to make way for these low-class premium goods. If all the members of the craft who grumble at this state of affairs were of my way of thinking they would refuse to purchase these "prize" articles, and so give the traffic its *coup de grace*.

## DIAMOND WEDDINGS.

—O:—

RESPECTING wedding anniversaries, Mr. de Lisle, M.P., writes to *Notes and Queries*:—Perhaps an episode in which I took part may be of interest in determining what number of years really constitute a diamond wedding. About two years ago an aged couple of the name of Wortley, in the village of Sheepshed, in the Mid-Loughborough Division of Leicestershire, which I now represent, celebrated their seventieth wedding-day. A Roman newspaper fell into my hands commenting upon this most unusual occurrence, and I ventured to send it to Sir Henry Ponsonby, asking him to lay it before Her Majesty, and praying the Queen to send the humble couple, who were very poor, some slight token of Her Majesty's regard and interest in so unusual an anniversary as a diamond wedding-day. The Roman newspaper affirmed that seventy years constituted a diamond wedding, and that in Italy the sovereign was wont to testify his interest in the happiness of any couple who had dwelt together for seventy years in holy wedlock by some token of Royal favour. I was informed that the Queen would not comply with my wish, since Her Majesty considered seventy-five years the diamond period. I did not contest the point, being too loyal to challenge the Royal word; but I have since consulted various authorities, and I have learnt that a quarter of a century and half a century, two profane periods, are generally held to constitute the silver and golden wedlock, but that a sacred

period, the threescore years and ten allotted by the Psalmist as the age of man upon earth, is held to be the period of a true diamond wedlock. This seemed to me to be the proper solution of the question; and when I find anyone expressing another view I always content myself with saying, "If it is not so it ought to be." I regret to have to add that the venerable old couple of Sheepshed have been parted at last. Eliza Wortley died, at the age of ninety-two, a few months ago.

## LAWN TENNIS.

(Continued from page 201.)

—O:—

THE player who first wins six games wins a set; but if both players win five games the score is called games all; and the next game won by either player is scored advantage game for that player. If the same player wins the next game, he wins the set; if he lose the next game, the score is again called games all; and so on until either player wins the two games immediately following the score which is called games all, when he wins what is called a set.

Players may make an arrangement between themselves not to play what is called advantage sets, but to be satisfied to play one game after the above call. It is usual to change sides at the end of every set, but the umpire, against whom there is no appeal, can direct a change after every game, if he thinks either side have any advantage of position, such as the wind, or the sun, or any other accidental cause.

A bisque is a stroke which may be claimed by the receiver of any odds at any time during a set, except after the service stroke has been delivered; the server may not take a bisque after a fault, but the striker out may do so.

One or more bisques may be given in augmentation or diminution of the odds. Half-fifteen is one stroke given at the beginning of the second and every subsequent alternate game of a set. Fifteen is one stroke given at the beginning of a game or set. Half-thirty is one stroke given at the beginning of the first game, two strokes at the beginning of the second game, and so on alternately.

Thirty is two strokes given at the beginning of the first game, and three strokes at the beginning of the second game. Half-forty is two strokes and then three strokes. Forty is three strokes given at the beginning of the game of a set. Half court is when players have agreed into which the giver of the odds shall play, the latter loses a stroke if a ball, retained by him, drop outside any of the lines which bound the court.

The game is played thus:—The courts are occupied by the players on opposite sides of the net. The players toss for choice of sides, and the right of serving during the first game; if the winner of the toss chooses to serve, his adversary has the choice of sides, and *vice versa*.

The person who first delivers the ball is the server; the striker-out is his adversary.

The server, when he begins, must put one foot outside the base line, the other foot being in or upon it. His first service must be delivered from the right court, the second from the left, and so on through the game. The player holds his racquet in one hand and the ball in the other; he then tosses the ball, hits it hard while in the air, sending it over the net with such power that it may first touch the ground or "drop" within the service line, half court line, and side line of the court opposite to that from which it was served, or upon any of the above-named lines.

Should the service drop in the net, instead of passing over it, or if it drops beyond the court, or in the wrong court, or if it be delivered from the wrong court, or if the striker when serving does not put his foot as we have indicated, it is a fault. A fault must not be taken. The server, however, after a fault, strikes again from the same court from which he served the fault, unless it was a fault from being served from the wrong court.

Two consecutive strokes causes the loss of a stroke. A good service is when the ball has been served in accordance with the conditions, and the striker-out has then to return the service—that is, play the ball back over the net after it has dropped, and before it has touched the ground a second time. The service must

not be volleyed or taken before it has touched the ground.

When returned over the net, the ball must drop either to the right or the left the centre line, or beyond or in front of the service line. These divisions only affect the service, and have nothing to do with the subsequent returns. When a ball has been correctly returned a ball is called good. The server has then again to return the ball, and so on until one player fails to send it over the net, it falling thus within the external boundary of the adversary's court. This backward and forward playing is called a rest. When it is a good service during the rest the ball is said to be in play.

A stroke is won by the server if the striker-out volleys the service, or if the service is not returned by the service, or the ball in play is not sent back; neither must he drop it outside any of the boundary lines.

If the server serves two consecutive faults the striker wins a stroke; and should the server fail to return the ball in play, or should he return it so that it drops outside any of the external boundary lines.

Any player touching a ball in play more than once in playing it loses a stroke; or should the ball after a good service or return touch him, or anything he wears or carries, except his racquet, he loses a stroke. Even should he be beyond the external boundary line, and the ball touches him in its drop, the rule holds, but not if the ball should have already dropped beyond the boundary line, and then touches him, as the moment it drops out of court the ball is out of play. A player also loses a stroke if he touches the net or any of its supports while the ball is in play, or if the ball is volleyed before it passes the net.

When a player attempts to return the ball, but misses it altogether, and it falls beyond the external boundary line, the stroke counts to him, just as if he had not attempted to return it.

The failure to return a fault does not count, as faults cannot be taken. Should a ball drop on another ball or any object lying in the court, or on one of the external boundary lines, it can still be returned. If not returned the player loses a stroke.

When the first game is finished, it is called one game love, and the striker-out and server change places. At the conclusion of the second game the score would be called two games love, or one game all, according to the result, and so on until the winning stroke of the set is played.

At the end of a set the players change sides, and the player who was server in the last game of the first set is striker-out in the first game of the next.

Beginners should always have one or two old hands to show them the exact play, which process will prove more useful than all rules.

Keeping of lawns devoted to garden games is a matter of the utmost importance. It is quite a common occurrence to find them worn out before the summer is half gone, and this invariably happens if there is frequent play on an old lawn in the immediate vicinity of large trees. Now the proper way to renew the turf of these lawns is very rarely resorted to, and in many cases the proper way may be objectionable because it renders the lawn unsightly for a time. However, it is just such a matter as this that especially concerns us, and the proper way is now to be described. Early in the autumn—as early, indeed, as possession of the turf can be obtained without imposing any check on garden games—the lawn should be covered with a mixture of fine earth and guano and at once sown with a mixture of seeds of the finest lawn grasses. Any kind of earth will do if fine, and guano should be in the proportion of 4 lbs. or 5 lbs. to the square rod. If there is plenty of rotten hot-bed manure to spare it may be used instead of the mixture recommended above, but it will be more unsightly. In many gardens worn-out turf is dressed with grass seeds and fine earth in spring, and the result is that improvement is scarcely discernible. The time for such work is the autumn, and it should always be accompanied with manual matters of some kind or other, for the exhaustion of the soil is quite as much the cause of the perishing of the grass as the traffic of little feet upon it. —*Amateur Gardening.*





## BEES AND BEE-KEEPING.

(Continued from page 201.)

Food is required in autumn to make up for the winter store, and ought not to be delayed beyond the beginning of October; but the sooner the feeding is ended the better. Give enough when you are about it. Getieu says: "Let there be no higgling with the bees; better they have too much than too little." Mr. Cowan says that a hive consumes on an average an ounce and a quarter of saccharine food per day, or about 12 lbs. between October and March. The bees, however, must not have only the bare supply, but in case of contingencies, such as great cold, they will require more. In some cases, where it is assumed that increased heat is a substitute for food, a large swarm will not require more than a small one.

Pollen or farina, which is the anther-dust of the stamina of flowers, is used for the feeding of the larvæ, and promotes the formation of wax. In winter attention should be paid to the supply. If too much is found, remove some, as it is apt to produce mildew. If any particular hive is short of the building-up nutriment, let it receive the frames or combs removed from over-stocked neighbours.

It has been said that a southern aspect is always best for an apiary; it is also necessary that hives should be sheltered from the wind by houses or trees, and that they are not placed in the vicinity of ponds or large rivers; for the high wind will dash them into the river, and numbers will perish.

But circumstances may occur to prevent the bee-hive being placed in the exact position recommended, in which case it may be turned a few points east or west. The afternoon sun should be avoided, as it is a mistake to suppose that bees require a hot sun. A dry grass plot is preferred by Mr. Taylor; if not sheltered plant evergreens, none being allowed immediately in front, nor toward the south-east. A few shrubs, however, not higher than the alighting boards, are an advantage as a resting place to the bees after a long journey, as they often fall dead from fatigue when just home.

As Getieu says, once you fix your bees don't move them. Some people shift them most inconsiderately, and it weakens them. A hive should be as fixed as the ancient oaks in the hollows of which they delight to establish themselves. When the young take wing for the first time, they do so with minute care, turning round and round, and fluttering about to examine the hive well before flying away. They do just the same on their return. By degrees they get familiar, and make what the Americans call a bee line to their home.

If you change the place of their home they are perplexed; they return loaded, seek in vain for their habitation, and either fall down and perish of hunger, or seek refuge in a neighbouring hive, where they are speedily put to death.

The absence of noise and bad smells should be studied, for no sense is so acute as that of scent. Fowls, dogs, pigs, in the vicinity are objectionable, and the vicinity of confectioners' shops above all. The bees, too, must have a clear way out, and there must be no traffic within at least half-a-dozen yards of the front of the hives. Mr. Shirley Hibberd says—"It is true that my hives stood with their faces to the principal walk, eight feet distant.

"But at honey time we prohibited anyone but ourselves going into the garden, and visitors gave but little trouble on being told that bees hated strangers after they had been robbed. When their honey is taken away they make it known, if they have the chance, that they have just the shadow of a temper. At all other times they are pretty safe. So, in taking a swarm, it may almost be said they will never sting—at all events, none but a bungler or a very timid person will besting by them.

"The best apiary we know of is in a stable, which, being no longer required, was slightly altered for the bees. In the walls facing south-

east, some holes were bored at proper distances; a shelf was placed against the wall, on which the hives were placed one at each hole. 'The best apiary!' yes, not for any outward elegances, but for the glorious work that was done, for the owner knew how to handle bees, the country was rich in bee pasture, and great honey harvests were sent from it, eagerly purchased at half-a-crown a pound. 'Thou shalt not put thy trust in horses,' said the bee master, as he lifted a box of honey weighing 25 lbs., and said that it was one of the purest samples his little workers had ever given him.

"In hot weather spiders may swarm about the house and do no harm, for the bees pass through their horrible meshes unhurt; but when the foggy mornings, and chilly damps of autumn come, the poor dears are trapped wholesale, they stick fast in the wet webs, and the bees being then weak, and the spiders strong, the first fulfil the undesirable purpose making the second fat. To see a bee fight with a spider, and the spider invariably gets the better of it, is a pretty study for an apiarian!" Sweep them away!

Mr. Payne recommends the planting of a large quantity of the common kinds of crocus, single blue hepaticas, *helleborus niger*, and *tassilago petasiles*, all which flower early, and are rich in honey and farina. *Salvia nemorosa*, which flowers very early in June, and lasts all the summer, is in extraordinary manner sought after by the bees, and when room is not an object twenty or thirty square yards of it may be grown with advantage. *Origanum hamile*, *origanum ruberosa*, and *mignonette* may also be grown, as also white *alysium* for the spring, and borage for the later months. The neighbourhood of willows is an advantage in spring. As a rule, highly cultivated districts are not so favourable to bees as those in which wild heaths, commons, and woods prevail; or where white clover, sainfoin, buckwheat, mustard, colesseed, turnip seed, abound. The same may be said of the neighbourhood of some kind of willows and of hazels, in the opening spring, which are useful in producing farina; as also the blossoms of the furze, broom bramble, wild thyme, borage, golden rod, &c. To these may be added other great sources of honey, and farina may be derived from the produce of horticultural gardens and orchards, as gooseberries, currants, raspberries, apples (Germans condemn apple blossoms and mountain ash!) pears, plums, and other fruits. Wallflowers and *mignonette* are especially good, and so are lime trees.

It will be seen from this that the size of an apiary must mainly be governed by circumstances. In some seasons so prolific a harvest of blossoms and honey comes all at once that a large number of hives may be abundantly filled together. The chief guide, however, must be the locality, and it has happened that fewer stocks would have yielded a much better return, for one rich colony is worth more than two or three half-starved ones.

The distance bees will travel during the honey harvest has been the subject of numerous curious observations. Mr. Hibberd, an experienced and practical apiarist, says:—"The adventurous person who kept bees for many years in the garret of a house in Holborn performed an experiment to ascertain how far, and to what pasturage his bees had travelled. As they came out of the hive in the morning, he sprinkled them all with a red powder, and immediately set off to Hampstead, thinking it most likely he should meet them there. What was his delight at finding, among the multitude of humming workers, some of 'his own little fellows which he had incarnadined in the morning!' From Holborn to Hampstead Heath is about four miles." This was the well-known Daniel Wildman, chiefly known by the extraordinary control that he had obtained over his bees, and the performances he had trained them to go through.

Mr. Hibberd also refers to Mr. Huish having observed bees on an island in the Firth of Forth, containing no hive, and distant four miles from the mainland. These ranges must be rare and injurious, and Mr. Taylor believes, with Dr. Dunbar, that the ordinary range of their excursions is a comparatively small circle. When short of stores they may, directed by their sense of smell, fly further afield than usual.

(To be Continued.)



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DURING the month of March a great deal may be done with hot beds for frames, required to produce melons, cucumbers, and other plants sown in the month of February, or even to sow similar seeds in this month. The plants sown in February, having to furnish the second crop, those sown in March will supply the third. This is also a good time to attend to asparagus beds. Artichokes must now be uncovered; they must be hoed round.

Keep your garden clean during this period, rake and sand the paths, pull up all the weeds which are likely to choke the turf, and which, if not extirpated at once, will propagate largely, finish dressing, also the planting of leafy trees, of shrubs, and early plants in the open ground; sow also certain herbs, such as larkspur, wallflowers, poppies, either in borders or beds, as well as many other perennial plants.

During the month of March the greenhouse has to undergo notable modifications. Plants which have been kept back as much as possible now begin to vegetate, and want water. Every opportunity should also now be taken to give them air. On the other hand, as the sun now begins to give out heat, we must now be on our guard against its too powerful action in the middle of the day. The greenhouse must be slightly shaded, especially those intended to promote the culture of delicate plants, which require temperate light. A natural consequence of an increase of solar heat is that the artificial heat should be reduced, and that in mild weather no fires should be kept up at all. Plants in the greenhouse should be examined carefully, as also those in orangeries and garden frames, as much depends on their being kept clean and wholesome. The squirt or syringe now comes into play, and garden walks should be watered, as the humidity thus created is beneficial to the greenhouse. Now is the time to see to slips being put under the bell glasses. At this time many health plants begin to flower, and camellias are almost ready.

Most orchids are "in vegetation" in the month of March; they must be slightly watered, especially on fine days. Care must be taken not to leave any water hanging on to the young boughs. The temperature of the greenhouse may be raised, and more humidity be encouraged than before, especially in clear weather. The outward air must not as yet be allowed to reach the plants, and from ten until three in the afternoon the greenhouse must be protected from the sun. Plants that have not been repotted in February must be re-potted in March without delay.

In April the gardener must hasten to finish all that has been left undone in the month of March, such as dressing, and putting in manure. The alleys must be cleaned and gravelled, and clusters raked and dug. The temperature now becomes milder, and therefore permits sowing the last crops. Thin out those made in March. Straw may be thrown over the ground to keep out the heat. The nights still being cold, watering should take place in the morning, and only during the early part of the day. At this time destroy insects as much as possible, and finish the killing of caterpillars. During this month those shelters which have been afforded to delicate vegetables may be removed.

In the early part of this month cabbage plants, cauliflowers, &c., should be picked out and transplanted. It must not be forgotten that no plant of this description should be pulled up when too young, for it would be injured thereby whatever care might be taken of it afterwards. It is still time to make beds of artichokes, by dividing and replanting.

It is wise to sow asparagus, seakale, turnip-rooted beet, salsify, skirret, carrots, onions, and scornozova, on heavy soils; also marrow fats, long pod and Windsor beans, celery, spinach, turnips, savoy, brussels sprouts, and greens generally for succession. Sow also broccoli and kidney beans, lettuce, and small salads two or



three times in the month, also argetua, caraway, and sweet herbs. Sow vegetable marrow.

Earth up cabbages, cauliflowers, peas, beans, and early potatoes. Stake up peas, blanch sea-kale and rhubarb in the open air by covering with straw or leaves.

In the second half of April, begin to sow, at intervals of a fortnight, spinach, peas, and turnips every three weeks. Salads should be sown in succession, being careful to protect the seed from birds and insects. If you have not already sown onions, leeks, beetroot, salsify, and parsnips, it is quite time to do so, as well as the last crop of carrots; kidney beans may now be commenced on open ground. They should be covered over with a thin layer of earth. Sow also French beans under frames, to transplant under bells as soon as they come up. The sooner peas are raked after sowing the better; it gives them a light protection useful to plants about to sprout. Transplant as soon as possible the autumn sowing of cabbages and cauliflowers.

This is the time to plant strawberries, and scornozeva, skillet, as well as fine chicory. Continue to sow radishes, Enfield Market cabbage lettuces, cherfoil, and parsley for winter. Be careful to water when planting, and to cover the ground with straw after sowing. Continue weeding and raking, and, in case of very dry weather, cover plants which are likely to suffer with straw. Water all plants well before pulling up; also, if dry, moisten before planting out.

At the end of the month, or beginning of next, according to weather, begin to graft cherry and plum trees. Disbud peaches, nectarines, that is—remove superfluous buds. If the plantlouse, or smut-ball, appears on peach trees, remove the leaves attacked. Pull them off with your nails, rather than injure the young shoots. Should vines have been neglected to be pruned, rub off the buds, as it is safer now than pruning. Put props at the foot of vines growing on sticks. Also bud apricot trees, and make careful search for green caterpillars, which injure the tree, and in the time the young fruit, which they gnaw and cause to fall. A gentle squeeze of the leaf between thumb and finger. The trees may then be syringed. Destroy every kind of insect injurious to vegetation.

The beds destined to receive herbaceous plants must be kept perfectly clean and well raked. Sow nasturtium, scarlet runners, sweet peas, fennel flower, cloves. Sow, to be planted out, pink, starwort, stock and gillyflower, marigold. Sow main and successive crops of all annuals, half-hard ones in warm borders or on slight hot-beds. Perennials and biennials about the middle of the month. Plant out gladioli and fine stocks. Herbaceous plants should be transplanted, tender deciduous trees and shrubs raised in pots. Gradually remove the covering of tender plants. You may now mow lawns and plant evergreens, also sow perennial grass seeds. Separate the buds of dahlias in frames to promote vegetation. Put early pinks in pots, support by sticks, being careful to guard them against frost. Should frost threaten, cover tulips, ranunculas, and anemones. Hoe up the earth round tufts of flowering shrubs. Divide asters and all plants generally which have many shoots; not only do you thus get better panicles of flowers, but it adds to their strength so much that they can often do without supports. Plant late holly-hocks.

All trees (ornamental) which have been transplanted should be watered. A very strong watering is necessary in light soils as soon as they are in the ground to maintain the humidity of the roots, which, however, must not be drowned. Be guided by the state of the atmosphere. Take careful precautions against gales of wind, which often uproots young plantations. Supports may be used or wire.

You can sow in places not otherwise occupied double poppies of various colours, lupins, mignonette, &c. Climbing plants may be potted, especially those destined to cover bare walls and trellises. At the end of this month it is dangerous to remove from the frames even robust plants, such as calceolaria, unless they can be properly protected against the cold of the night and the blast of dry winds. The best way to harden them is to give them as much air as possible. When these plants are taken out and put in cold frames, put them in some fine sand; this makes the

watering more profitable, and they thrive better than in narrow and straitened pots.

(To be Continued.)

## HOW TO GIVE DINNER PARTIES.

BY ONE WHO KNOWS.

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(Continued from page 200.)

IN my last I laid considerable stress on the best plan for arranging the intellectual part of the feast; but I must now come to more material considerations, affecting not only the outward but also the inward man and woman.

It was formerly thought that the more sober and sombre the furniture and decorations of a dining-room, the more distinguished was its appearance, and the better suited to the somewhat solemn function of an old-fashioned dinner, at which the ladies appeared to be only admitted on sufferance, their departure being heralded as the signal for the commencement of the real business of the evening, in the discussion of fine old wine and musty politics. Just as burgundy, port, and madeira have, to a great extent, ceded the way to claret, champagne, and hock, and the heavy drinker, the world-renowned two-bottle man, has become almost as extinct as the Dodo, so lighter and brighter surroundings are now chosen for the dinner table, and the dark, gloomy wall papers brightened only by the gilt frames of the often forbidding-looking family portraits, the heavy, dark oak and mahogany furniture, and massive silver *épergnes* and other table furniture, are no longer essential or even fashionable. Wardour-street, indeed, must have lost its best business in sham ancient furniture and apocryphal ancestors. No one who is now furnishing a dining-room should buy dark and heavy furniture; although such as have inherited from their fathers the really solid and handsome furniture of bygone times, which is certainly far superior in the matter of quality to anything made at the present time, would be exceedingly foolish to replace it by modern gimcracks.

An exceedingly rich effect may be obtained by judiciously tempering the solidity of past generations with the more frivolous conceits of the present era. For example, my dining-room is furnished in massive carved oak, which I value at its true worth. To brighten the room I have the walls painted in light colours, which throw up the dark shade of the picture frames and other antique wall decorations. I cover the top of my huge sideboard with a white-fringed cloth, and raise a sort of bank of floral decorations at the back, while the front part serves the ordinary purposes of a sideboard.

The somewhat hearse-like dinner waggon I treat in the same way, placing fairy lamps—those pretty little coloured contrivances—among the flowers. Of course, where the furniture is all so large, the difficulties of the housekeeper in the way of decoration are doubled; and my five-foot wide dinner table requires much ingenuity to relieve its desert-like expanse. I find two or three tall palms, the slender stalks not impairing one's view of one's opposite neighbours, take off from the apparent size and relieve the flat appearance which ordinary floral decorations would not effect.

Where the furniture of the room is modern, the walls decorated artistically, and the ceiling light, it is far less trouble to prepare for a dinner party, and all the attention may be centred on the table itself. In such cases there should be no gas or light from the ceiling. If the room is large, two or three pretty lamps with coloured shades may be placed on brackets against the walls, and in convenient niches. If the room is small, all the light should be upon the table, diffused from fairy lamps, one in front towards the right side of each guest; while towards the centre of the table, symmetrically arranged, are four larger lamps or tall candles, shaded so as to throw the heat and light down on to the table, not into the faces of the guests.

Nothing massive or pretentious should be used as a centre-piece. A very good plan is to surround some palm or feathery plant, about a foot and a half or two feet high, with a trophy of flowers, loosely put together, or with a bank of moss studded with fern leaves and blossoms. At a dinner at which I was present in the early spring, the centre-piece was a bank of moss surrounding a large fern, the moss being planted

with small fern leaves and roots of violets and primroses. Straight banks of moss, similarly arranged, were placed down each side of the table, starting from the centre. An exquisite effect was thus produced at a very small cost. Four high dishes of fruit should generally be placed on the table, nicely arranged with leaves; and it is well to remember that it always looks vulgar to overload the dishes. Flowers are sometimes scattered carelessly over the table to look as if they had fallen there; in other cases a single choice rose, or made-up buttonhole, is placed in a specimen glass by each guest, who appropriates it on leaving the table. Sometimes all the table decorations are in one colour. For example, a long strip of yellow plush is laid down the middle of the table, it is bordered all round with jonquils, daffodils, primroses, cowslips, or other flowers in shades of yellow, and the centre erection is in the same tones. The fairy lamps are yellow, and so are the shades of the other lamps and candles. I have seen the same thing done in shades of red. Fairy lamps should always be surrounded with a little wreath of flowers or fern leaves.

I spoke in my last of the name cards. These are always about the size of a visiting card, and are very often painted by hand. A pretty shape is like a painter's palette, the hole in which passes over one of the points in the folding of the table napkin. These cards may be bought ready for use, or prepared for painting. Menus are necessary when dinner is served *à la Russe*, which is certainly the most comfortable way, especially when the party is rather large. They also are generally hand-painted, with the names of the dishes written in; but china menus are frequently used. There should be one for every guest, or at least for every two guests.

However reliable and experienced one's servants may be, the hostess, before it is time for her guests to arrive, should always carefully inspect the table to see that all is in order; and as it is just as well that she should know exactly what is required, I will try and give the necessary details. The table napkin, folded in some pretty design, with a small roll of bread in it, is placed in the centre in the front of each guest's chair. On the right side are two large knives, a silver knife for fish, and a tablespoon for soup, which is placed on the outside, as it has to be used first. On the left are three large forks and a small one for fish. Other knives and forks are brought when required, but are not laid on the table. A dessert spoon and fork are placed horizontally at the top of the space left for the plate, if dinner is served in the ordinary way; but if, as is now usual, dinner is served *à la Russe*, the dessert spoon and fork, on an empty plate, are placed before each guest before the sweets are passed round. Salt cellars are placed down the middle of the table, one to each guest; cruets are handed round. The glasses are all placed to the right hand, and are generally three in number—a flat glass, with narrow stem, for champagne or moselle; a small tumbler, for claret; and a small upright glass for sherry. Sometimes the claret is taken from a large red wineglass; a green one, of similar shape, is used for hock and chablis, and a small rounded one for port. Port glasses are, however, only put on the table for dessert. Tumblers for water are not put on the table, nor water carafes, as a rule the tumblers of water being brought when asked for; but as many ladies drink water habitually, a supply should always be at hand on the sideboard.

Sherry is always handed round with soup; hock, chablis, or sauterne, with fish; claret and champagne with the first *entrée*; and champagne during the rest of the dinner until dessert, before which it finally disappears. Sherry and claret are drunk with dessert; but, as a rule, very little port. As to the manner of serving wines, sherry and port are served in decanters, claret and burgundy in glass or silver claret jugs; all other wines in their bottles, which are generally of distinctive shapes.

It used formerly to be the custom to remove the cloth for dessert, and serve it on the polished mahogany or oak. This is no longer done; but crumb-cloths are very often used, a long folded cloth being placed the whole length of each side of the table over the table-cloth, but not interfering with the centre decorations.

Before dessert, when the wine, glasses, &c., have been removed, instead of sweeping away the crumbs, two servants stand, one at the top and the other at the bottom of the table, and fold



the crumb cloth, and remove it dexterously over the heads of the guests. The same operation is then repeated for the other side of the table. When the table has been cleared for dessert, a dessert plate, with a glass finger bowl, containing a little water, on a lace d'Oyley, in its centre, and a silver knife and fork, one each side of the bowl, is laid before each guest. When ices are to be served, an ice plate is put between the dessert plate and bowl, and an ice spoon on the right side. Fresh glasses are set for claret and sherry, and a port glass is usually added. Immediately after the ices have been passed, liqueurs are handed round in small glasses on a silver salver; but it is not necessary to give either ices or liqueurs, which are rather expensive items. Immediately before the table is cleared for dessert, a cheese plate, with a knife on it, is placed before each guest. A china dish, with three partitions, one containing small pieces of cheese, the other butter, and the third biscuits or pulled bread, is then handed round, and is the most convenient way of serving this part of the dinner. Separate plates, often in the shape of a crescent, are used for salad, and are put to the left side of the cover when the table is laid. *Hors d'ouevres* are now often served before the soup, in which case plate, knife, and fork must be provided for them. They are also conveniently served in a dish with three divisions, one of which may contain olives, another anchovies, the third oysters, or prawns. This is followed by soup, after which come fish, *entrées*, meat, fowl, game, sweets, cheese, and dessert, always in the order named.

People, whose means are small, should not attempt display in the case of dinner parties. They should select only such things as are in season, and if these are well cooked and served they are quite as agreeable as the most costly dishes. Again, in the matter of decorations, those of small means may comfort themselves with the knowledge that much display of gold and silver plate is vulgar. Common flowers, too, if tastefully arranged, are quite as attractive as the rarest; but in this respect there is one piece of advice which should be followed, and that is to select such flowers as have not a very strong scent. Many people are averse to certain odours, and the scents of certain flowers, such, for instance, as hyacinths, are quite overpowering, so much so that they render some people quite faint when inhaled in a hot room.

After dinner, when the gentlemen have rejoined the ladies, something should be done to amuse the guests till eleven o'clock sounds the hour for their departure. Now is the time to call upon any musician in the society to assist you, although you should never ask a guest to do anything in the way of performance until one of the family has broken the ice. It is best to begin with an instrumental piece, which paves the way for a song. A recitation may then follow. But the music should be light, and the recitations of a cheerful character, for merriment aids digestion, and every good hostess should say in her heart "May good digestion wait on appetite." After dinner is not the time to harrow up the feelings by a recital of "The Newsboy's Death," "Eugene Aram," "The Policeman's Story," or any of those versified tales of human affliction for which Mr. G. R. Sims is so well known. As a hostess I have the strongest objection to depressing and tragical recitations; and when asking a guest to favour me with a recitation, I always put in a plea for something lively, just as in the case of instrumental music I make a point of asking for something bright, and take care that my other guests shall not be bored with a long sonata or endless variations.

A FAMOUS doctor says:—"Eat a good bowl of mush and milk for your breakfast and you will not need any medicine. Indian corn contains a large amount of nitrogen, has qualities anti-constipating, and is easily assimilated. It is cheap and has great nutritive properties. A course of Indian meal in the shape of johnny-cake, hockcake, corn, or ponebread and mush, relieved by copious draughts of pure cow's milk, to which, if inclined to dyspepsia, a little lime-water may be added, will make a life, now a burden, well worth the living, and you need no other treatment to correct your nervousness, brighten your vision, and give you sweet and peaceful sleep."

## HEALTHY AND COMFORTABLE HOMES.

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### THE KITCHEN.

WITHOUT going into the question of culinary utensils, there is something more to be said about the kitchen than has been propounded in these columns. There is little poetry or æsthetic beauty about the ordinary kitchen. In the city it is usually regarded as a cavernous receptacle for the compounding and cooking of food, and those who are not called there by absolute necessity do not care to invade its mysteries. Touches of beauty and brightness in so practical a domain are deemed altogether out of place, and it must be admitted that the average city kitchen is not a promising point of attack for artistic purposes.

But who has not in summer migrations found a country kitchen, with its roomy precincts, windows looking greenery, diversified with hollyhocks and roses, and porch shaded by morning glories and scarlet runners, that seemed just about the pleasantest room in the house; and lingered there, with or without pretext, through the beating of eggs, basting of meat, and savoury baking of pies, that preceded the mid-day dinner? Perfumed breezes came through the open door and windows, mingled of clover, honeysuckle, new-mown hay—the genuine balm of a thousand flowers—and everything within seemed fresh and sweet as the air without. Floor and tables were spotless; abundant dish-towels, in orderly array, seemed to vouch for the cleanliness of cups and plates; and cupboard and dresser would bear the closest inspection—a kitchen that was really a poem in its way.

But the riddle is not hard to read. There was no Bridget, or rather servant, with her slovenly and often grudging service, to bring the trail of the serpent over this immaculate order and neatness; all the work being done by those who had the strongest personal interest in the care and keeping of the household belongings. Not that there are no good servants, but there are also such a large margin of bad ones; a kitchen anywhere, where the service is performed by the lady or ladies of the household, will have an entirely different air and expression.

A kitchen on the same floor with parlour and dining-room, built out like an afterthought, has its disadvantages as well as its advantages; and one of the former is the objectionable odour of cooking, which, more or less, even with the utmost care, will find its wilful way over the lower floor. But it is convenient and cheerful; an underground kitchen always seems unpleasantly associated with blackbeetles—thanks to Dickens, perhaps.

Whether above or below ground, the first requisite in kitchen furnishing is to ensure thorough cleanliness and neatness. Grace and colour are not to be studied here, but convenience and practical results; and although it is a somewhat sudden transition from the cool, green shades of our æsthetic hall, things may be so ordered that it need not necessarily be a startling one. A kitchen that thoroughly answers the purpose for which it is intended is all we require.

The kitchen floor covering is a subject of almost endless discussion, and the best and most durable one that can be provided is undoubtedly plain tiles. Nothing can be cleaner, and nothing more durable; and there is no reason why it should be more tiresome to stand or walk about on them than upon oilcloth or a bare wooden floor. A strip or two of rag carpet before the tables and sink would obviate this objection, but the more difficult one of expense remains.

In one's own house a first expense may be cheerfully incurred with a view to the future; but human nature is not generally enthusiastic in the matter of spending money to embellish other people's houses. A cheap kind of wood carpeting, parquet, or inlaid floors, are sold, and some especially prepared for kitchen use. Linoleum is good, but it is easily injured by grease.

An excellent material for wear, and a most agreeable and suitable thing, is a rag carpet. A rag carpet, tastefully made, is a very pretty

floor-covering for either kitchen or dining-room; and an immense quantity of white rags, half or two-thirds of the whole, is needed to bring it to perfection. Cotton goods are preferable to woollen, and anything so heavy as cloth should be entirely discarded. The prettiest rag carpet we have ever seen was made in this way: the rags being cut into short lengths—an eighth of a yard, perhaps—and a white strip of double the length preceding every coloured one in piecing them together. The result was a fine sort of checker work, not unlike some kinds of matting, and it was both unique and durable-looking.

The objection that a careless servant would soon spoil such a floor-covering might be met by the fact that a careless servant will soon spoil everything, and that the sooner she is disposed of the better. But people of all grades are very much influenced by their surroundings, and a comfortable and pretty kitchen—for our kitchen must be pretty after all—will often have a humanising effect upon its occupant.

It is more important, for comfort and satisfactory cooking, to have a good-sized kitchen than many people are aware of, although "a barn of a place" is not desirable; and if it is also bright and sunny, so much the better for the mistress on her occasional visits, as well as for the perpetual resident. In a good light, though not taking up the sunniest window, if there is more than one and it is possible to avoid it, should be placed the kitchen table, on which most of its important work is supposed to be done. The table should, of course, be substantial in make, and as large as the size of the room will reasonably admit; but common pine answers every purpose, and is by no means costly. A smaller table for the servants' meals and the use of the mistress when employed in the kitchen, with an ironing table, two or three common chairs, and a plain arm-chair, will make the kitchen very comfortable.

We have nothing to do here with kitchen utensils—that will be found in its proper place; but we may add that a good clock is indispensable, and there is no reason why the blank surface of the walls should not also be relieved by pictures. Two or three prints, with some large pictures from illustrated papers, will give it a cheerful look, and show Bridget or Susan that her pleasure is not forgotten; while a pot of scarlet geranium—that irrepressible sunshine-loving bloomer—will put forth all its powers in the combined moisture and constantly changed air, and brighten up all with a constant smile.

### DINING-ROOM.

In many houses, furnished on ordinary principles, there is no room—when is a special one?—that so little expresses the purpose for which it is intended as the dining-room. It is too apt to be what it is sometimes called, "the eating-room," and nothing more. A look of coldness and bareness is inseparable from some dining-rooms, when this is the very place of the whole house that should be pervaded with a warm glow of hospitality. A profuse table is the usual expression of this virtue; but a few well-prepared dishes, set forth amid cheery and tasteful surroundings, are far more attractive than the boar's head or whole sheep style of our far-away ancestors. An old book on furnishing—written, doubtless, by a confirmed gourmand—actually puts forth the doctrine that the dining-room should contain nothing calculated to divert the attention of the guest from the hospitable board of his entertainer—an article of belief that seems to have found many modern disciples. The common practice of furnishing dining-rooms in green has much to do with their cold appearance, for green is eminently a cold colour; and the absence of any play of flame from the stove often used to warm the apartment gives a hard, set look to the stiff belongings.

Very charming pictures have been given of some real but exceptional dining-rooms—dining-rooms in grand old English castles, &c.—that are very beautiful exceedingly as pictures, but of no practical use whatever to the householder of limited means, but with tastes that revolt at the desolate-looking dining-rooms of his neighbours. He certainly cannot indulge in a space of 24 ft. by 18 ft.,



which encloses a floor of ash and walnut, woodwork generally of ash, and the ceiling in panels of the same, with doors of walnut, and the windows of large sheets of plate glass, while sliding doors at one end of the room open into a conservatory. Neither does he feel that a modest room, described as costing less than £100, is for him, although his taste approves highly of all the details; and representations of quaint and often utterly unattainable pieces of furniture, with a graceful knack of legend beneath, and much eloquent "meandering" from the main point, do not solve the difficulties of the young couple with the empty house, and purse a long way off from full.

To such the reminder had better be given that the parlour is not the only important room in the house; but that the dining-room, which is most likely to be used three times a day by themselves, and sometimes by their friends as well, is quite as worthy of being considered in the general expenditure. Here, especially, should the words of a recent writer be borne in mind—"The important things of daily use should be simple, real, strong, and honest"—a certain dignity and weight being indispensable to the proper furnishing of the dining-room.

(To be Continued.)

## MONEY MAKING FOR LADIES.

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### THE HOUSEKEEPER'S OPPORTUNITIES.

(Continued from page 203.)

JELLIES of almost any kind are saleable, and for currant jelly especially there is a constant demand. Nothing, perhaps, affords a better illustration than currant jelly of the advantages to be derived from doing a thing in the best possible manner and then putting it up in an attractive shape. Red and white currants mixed make the prettiest colour, and in some cases it would pay to make the red and white separately and let it harden in alternate layers in the receptacles. This makes it very ornamental for the table, and such moulds would be very much in demand for dinner parties.

Clearness and colour are, of course, essentials in jelly making, and to secure the desired results every detail must be carefully attended to. These begin with the picking of the fruit, and it is advised to "gather the fruit early, as soon as fully ripe, since the pulp softens and the juice is less rich if allowed to remain long after ripening. Never gather currants or other soft or small seed fruit immediately after rain for preserving purposes, as they are greatly impoverished by the moisture absorbed."

Marmalades, and especially those made of quince, are also in demand. By hardening them in sheets, and then cutting in small squares, sprinkled with white sugar, they may be put as dry confections, and meet with a ready sale. This class of preserves utilises all the imperfect fruit, which must be otherwise discarded, as spoiling the effect of the large, handsome specimens that are indispensable when the fruit is to be seen entire; but when all is mashed together all that is necessary is to take out any marks of decay, as mutilation does not show.

A lady living in the country on or near a fruit farm has great advantages in the way of preserving over her city sisters, as the fruit can be gathered to "taste the sun," besides costing very little. Transportation of goods, within any reasonable distance, is but a slight additional expense, and a matter very easily managed.

We have heard of the case of a lady who, with a superabundance of fruit on her premises that could not be disposed of, finally decided to convert it into preserves and seek a market for it in that form. Her experiment has proved eminently successful, and being fortunate enough to find a home sale for all the preserves she can make she is now in the receipt of a very handsome income.

### DEMAND AND SUPPLY.

A good housekeeper will be able to make her knowledge remunerative in many ways, and she will soon discover that those who are able to supply a daily recurring want, as in the

case of well-prepared food, have no need to seek far for constant employment. People are always wanting things to eat, and eat they will, though other wants may go unsatisfied; hence those who can cater to the general weakness will succeed where learning and culture fail.

Not that the culture and learning would be amiss even in this practical calling, for if Biddy's mistress had Biddy's muscle she would do the Irish girl's work far better than the Irish girl does it herself; "with brains, Sir!" being not only a condition but manifest improvement to any combination. A good cook is quite as likely to be found in an accomplished lady as in the red-visaged denizen of the kitchen, and many of those reduced from wealth to comparative poverty have quietly turned their culinary talents to practical account. Why else the demand for cookery books, which these semi-educated *cuisinières* despise and rejects with contempt?

Home-made pies and cake, of that ineffable character which men's mothers always made when they were boys, are harder to find than four-leaved clovers, and the success of such exceptional viands is always assured. There is even a tradition that some years ago a woman actually bought a small farm with the proceeds of pie-making, but she sold her manufactures herself and hired no assistants.

It is somewhat like those marvellous tales of German farmers on diminutive plots of ground, who contrive to make one acre yield the products of ten, a feat which is accomplished by being their own farmers, hired hands, and errand boys, and by wasting nothing.

Money can certainly be made, however, by the most retiring lady in manufacturing excellent home-made pies and cake, where there is a market for them, and this can be found in any city or town of much size. Most country housekeepers might feel insulted by the bare suggestion that they were not able and willing to make their own pies and cake, although many of them are not; but dwellers in cities, as a rule, have no such sensitiveness.

Deft fingers with pastry, that can turn up plump, juicy pies of apples in slices, thoroughly cooked, and flavoured with cinnamon and orange peel, would find no difficulty, after a little patient waiting, perhaps, in meeting with a ready sale for them. Of course, a friend or two is needed; often the clergyman might take the case of the widow and orphan in hand. People would flock after Mrs. E——'s home-made pies as they would after Mrs. D——'s home-made preserves, and the agreeable change from strong butter in the paste, and very little of anything in the inside, to crust of flaky sweetness and liberal "filling" could not fail to be appreciated.

Just at first, perhaps, the profit might scarcely pay for the trouble, but a little practice would soon teach the beginner how to buy materials in quantities at a saving, and to use them with discretion. It would not be difficult in a town to form a connection by employing an agent. Once her pies popular, an enterprising lady would do well; and it is rather surprising that no one has tried the experiment to any great extent—that is, no really good home-made pies.

Both pies and cake could probably be introduced into the same market where preserves are welcomed, and, with the help of a competent assistant, a lady could easily supply a large daily demand through an agent. She would do well, perhaps, to consider a recipe, more than two centuries old:—

#### "APPLE PYE.

Dear Nelly, learn with care the pastry art,  
And mind the easy precepts I impart;  
Draw out your dough elaborately thin,  
And cease not to fatigue your rolling-pin.  
Of eggs and butter see you mix enough,  
For then the paste will swell into a puff,  
Which will in crumpling sounds your praisereport,  
And cut, as housewives speak, exceeding short."

#### THE NEEDLE.

A deft use of the needle is a particularly ladylike accomplishment, but plain sewing is hard and wearying work, and since the introduction of sewing machines, it is, when "done by hand," anything but remunerative. As an essentially feminine implement the needle has been always a great favourite with poets and writers, until the "Song of the Shirt" opened

their eyes to the evils caused by the excessive use of it; and scarcely a more affecting picture can be drawn than that of a poor, half-starved needlewoman bending over her daily toil.

In some large cities, London included, there are agencies where ladies can deposit articles of needlework made by them for sale, receiving the proceeds when sold, after the deduction of the usual ten per cent. commission; while ladies who want work done deposit it there to be given out to proper persons. All kinds of plain sewing and embroidery are done through these establishments, but only first-class work is accepted, as the prices paid are very liberal. There is no attempt at competition with sewing machines.

These agencies have proved perfect boons to many poor proud ones, who could not bring themselves openly to join the ranks of sewing women, and yet whose only power lay in a skilful use of the needle. A perfect museum of fancy work, beautifully executed, and often showing taste and originality in the combinations, is displayed in windows and cases; and it is saddening to see such an apparently inexhaustible supply of pin cushions, babies' socks, cloaks, and every fanciful allurement that can be thought of to open the purses of wealthy visitors, because there are so few purchasers in proportion to the supply. Often, however, about Christmas there is a demand for the products of inventive fancy, and dexterous fingers may be turned to account. Originality is the surest element of success, especially if it is in an object in ordinary demand. Inexpensive articles sell better than elaborate pieces of work.

Still, there is a demand for things on a higher scale, coming within the scope of decorative art, such as hand painting and artistic embroidery. Very beautiful work is often shown, and high prices are paid to those who come up to the standard required; but, to do this, careful study is necessary, and considerable outlay both of time and money.

(To be Continued.)

## HINTS ON COOKS AND COOKERY.

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### COOKS.

AN eminent physician, who wrote a book on cookery some years ago, gives us the following rather humorous definition of a *cuisinière*:—"The best age for a woman cook," he says, "is from thirty to forty, there being no domestic employment in which the giddiness of youth is more to be feared, or where the usual faults of old age are more insufferable. The appearance of a cook should announce cleanliness, simplicity, and order. The first *coup d'œil* of an experienced mistress of a family will enlighten her on these points when she is hiring a cook. Dirty-looking or concealed hair, a carelessly adjusted bonnet, with dirty shoes, any display of trumpery trinkets and gaudy-coloured ribbons, would at once decide a judicious mistress of a family against hiring an applicant who evinces in her personal appearance qualities totally opposed to those which are most desirous in a cook.

"Neither is it difficult to judge on the first interview of the good sense and mental promptitude of a servant by the style in which she explains her capability for the desired place; if her words, though few, are clear and definite, she is greatly to be preferred to a person who appears fussy and loquacious. Much, also, may be discovered by accurate observation of the eye, complexion, and general countenance. In fact, a cook ought to be middle-aged, cleanly, active, and of sedate and circumspect conduct, in which case a mistress should overlook some foibles of temper, or even remarkable deficiencies in the culinary art."

In these days of education, school boards, and cookery classes, the above opinions have to be modified. Besides, in small middle-class families, where the mistress sees chiefly to household affairs, a help is all that is wanted.

### A FRENCH DINNER.

A French dinner is usually composed of seven sorts of eatables—First, the soup; second, the bouilli; third, the side dishes, either hot or



cold; fourth, the *entrées* and first course dishes; fifth, the roast; sixth, the *entremets* or relishing dishes; and seventh, the dessert. As to the number of dishes, the following is a genteel dinner for eight or ten persons:—One soup, bouilli, two *hors d'œuvres* (small dishes), two *entrées*, one roast, four *entremets*, consisting, for instance, of two dishes of hot vegetables, a salad, and a dish of creams and cold pastry, and dessert of seven or eight dishes. The following is considered in Paris a comfortable dinner for two or three persons and three servants. A meat and vegetable soup, three pounds of bouilli, two pounds of other meat for an *entrée*, a fowl, two pigeons, or a dish of game, one dish of *entremets*, composed either of eggs and vegetables, and three dishes of dessert. There is good vin ordinaire for the parlour and inferior for the servants.

#### AMERICAN DINNERS.

In no country is extravagance in eating carried farther than in America, and especially in New York. "Just at present," says the correspondent of a well-known journal, "the season for little dinner parties is at its height, and there is considerable rivalry between Delmonico's, the Hoffman House, and the Hotel Brunswick, each of which is ambitious to carry off the cream of the business." Some Englishmen believe Delmonico's the best restaurant in the world, but most will say there are many better in Paris, and not a few in London. Ten-pound and four-pound dinners are common at the New York restaurant. In London there are teems of cafés and restaurants where an excellent dinner can be had for from five to ten shillings. A two-guinea dinner at Delmonico's consisted of oysters, soup, pâtes, salmon, lamb, vegetables of many kinds, roast beef, French peas, red-headed ducks, salads, ices, fruits, and coffee. There were fourteen at table, who drank six bottles of Sauterne, two of sherry, six of Bordeaux, six of champagne, and liquors. There are many restaurateurs in London who would serve as good a dinner for half twenty-eight guineas.

#### DR. KITCHENER ON COOKERY.

Dr. Kitchener in the early part of the present century wrote some very pertinent remarks on cookery, which he embodied in two works, called "The Housekeeper's Oracle" and "The Art of Prolonging Life." In the former he states his object to be to guard young housewives against the impositions of dishonest servants and the extortions of dishonest tradespeople.

He informs us that "the world has not yet learned the riches of frugality."

He states that he had long thought with Dr. Johnson that the greatest part of those who lose themselves in studies, by which I have not found they grow wiser, might with more advantage, both to the public and themselves, have applied their understandings to domestic arts and stored their minds with "axioms of humble prudence and private economy."

Atheneus, the doctor affirms, says that cooks were the first kings of the earth, and that they obtained the sovereign power by instituting set meals and dressing meat to please every man's palate—

"From a savoury *bonne bouche* to a soup or a salad."

He tells us of the Northumberland Cookery Book, 1512, which, he says, is a curious specimen of such a system of ancient economics, consisting of fifty chapters and 464 closely printed octavo pages. This curious and scarce book is one of the most singular and exact accounts of ancient manners that English antiquity affords us.

The earl's family, consisting of 166 persons, masters and servants, and 57 strangers were expected every day—in the whole 223. Two-pence half-penny was reckoned to be the daily expense of each for meat, drink, and firing; and one thousand pounds the annual expense for housekeeping—wheat being then five-and-eight a quarter. The earl's domestic concerns were managed with such extreme exactness and such rigid economy that the number of pieces which were cut off of each quarter of beef, mutton, &c., were determined, and were entered and accounted for by the clerks appointed for that purpose, so that there cannot be any tradition much more erroneous than the magnificent

ideas many people have entertained of the unbounded liberality of "old English hospitality." It may amuse the reader to relate a specimen of the pompous, and even royal style assumed by this feudal chieftain. He does not even give "An order for the making of mustard," of which it is stated that the annual allowance was 166 gallons, but it is introduced with the following formal preamble:—"It seemeth good to Us and our Council," &c.

Dr. Kitchener is very strong on "the danger of creating wants." He says:—"The maxim that he is richest who has the fewest wants, is as true as it is old; most of our wants are of our own creating, and often make us poor in the middle of plenty."

"Give no more than Nature needs  
Man's life is cheap as beast's."

Dr. Kitchener had originally a very delicate constitution, and at an early age devoted himself to the study of physic, with the hope of learning how to make the most of his small stock of health. The system he adopted succeeded, and he had arrived at forty-six when he wrote on old age in tolerable good health, and this without any uncomfortable abstinence, his maxim ever being "Dum vivimus, vivamus."

He tells us that many think the art of invigorating health and improving the strength of man to consist in training him for athletic exercises, but he believed that everybody should be trained. Going to bed early, rising early, he declares to be very well, as also exercise; but the chief matter of importance was to eat and drink moderately. His advice was to eat beef and mutton, rather under than over done, and without seasoning and sauce.

Broils, he says, are ordered in the plans for training, probably because the most convenient manner of obtaining the desired end (hot food is more easy of digestion—before the process of digestion can commence it must take the temperature of the stomach, which, when in a languid state, has no superfluous heat to spare); but as the lean part is often scorched and dried, and the fat becomes empyreumatic from being in immediate contact with the fire, a slice of well-roasted ribs of beef, a sirloin of beef, or a leg, neck, loin, or saddle of mutton must be infinitely more succulent and nutritive—whether this be rather over or under done the previous habits of the eater must determine, the medium between over and under dressing is in general most agreeable and certainly most wholesome.

That meat which is considered underdone contains more nutriment than that which is overdone is true enough, he says. That which is *not done at all* contains a great deal more; but in the ratio that it is raw, so is it, unfortunately, difficult of digestion, as Spattenzane has proved by actual and satisfactory experiments. Dr. Hunter tells us: "It appears from my experiments that boiled and roasted and even putrid meat is easier of digestion than raw."—"Animal Economy."

Our food must be done either by our cook or by our stomach before digestion can take place. Surely, then, he says, no man in his senses would willingly be so wanting in consideration or the comfort of his stomach as to give it the needless trouble of cooking and digesting also, and waste its valuable energies in work which a spit or a stewpan can do better.

Thoroughly dressed beef or mutton is incomparably the most animating food we can furnish the stomach with, and strong home-brewed beer the most invigorating drink.

The best tests of the restorative qualities of food are—a small quantity of it satisfying hunger, the strength of the pulse after it, and the length of time before appetite returns again. According to these rules, our experience gives a decided verdict in favour of roasted and broiled beef or mutton as most nutritive; then game and poultry of which the meat is brown, next veal and lamb and poultry of which the meat is white, the fat kinds of fish—eels, salmon, herrings—and least nutritive the white kinds of fish, such as whiting, soles, haddocks, &c. With regard to oysters, our learned authority says they are not so nutritive as supposed, and are often cold and uncomfortable to dyspeptic stomachs, unless warmed with a certain quantity of pepper and good white wine.

The celebrated trainer Sir Thomas Parkyn "greatly preferred beef-eaters to sheep-biters,

as they called those who ate mutton." In Dr. Stark's very curious experiments on diet it appears that "when he fed upon roasted goose he was more vigorous in mind and body than with any other food." The doctor says: "I have for many years dined principally on plainly roasted or boiled beef, mutton, or poultry, and I often observed that if I changed it for any other food for several days together the circulation suffered, and I was disposed on such days to drink an additional glass of wine."

To produce the highest degree of health and strength we must supply the stomach with not merely that material which contains the greatest quantity of nourishment, but in making our selection we must take into account the degree in which it is adapted to the habits and powers of the organ which is to digest it—the tools of a giant are not much use in the hands of a dwarf.

The doctor advises that from Midsummer Day, when plenty of exercise in the open air is to be taken for granted, a man may devote himself a little to the restoration of his health if he should consider himself as out of condition, and act accordingly.



#### WARBLERS.

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##### THE GARDEN WARBLER.

THIS bird (*Sylvia hortensis*) is variously called garden whitethroat by J. G. Wood and garden warbler by W. Kidd, "of Hammersmith."

"Come, friends, and let away. Behold!  
In all the colours of the flushing year arrayed  
By Nature's swift and secret working hand,  
The garden grows, filling the liberal air  
With lavish fragrance; while the promised fruit  
Lies, like a little embryo, unperceived  
Within its crimson folds."

"What a very sweet month is this," says Kidd, "in which to sing the praises of our much-loved pet, the garden warbler (*Sylvia hortensis*), called also the fauvette and petty chaps. He has been with us some weeks, and has made gardens his home. Moreover, we spy him everywhere as we ramble among the orchards. His personal appearance has nothing remarkable about it. It is as plain as that of the nightingale. Yet has he a fine, roguish eye (you should see him seize a fly) and a plumage neat and trim. Then his activity and graceful motions—those make up abundantly for his other deficiencies. His qualifications, too are of no mean order, and he verifies the truth of the remark that 'appearances are often deceitful.' The male and female are so much alike that before purchasing you must hear your bird sing."

"We are aware that these birds have been kept in a cage as long as three years—a cage like the nightingale's is recommended—but for a bird of his habits and feelings this is an unusually long period. Is he at all suited to a cage? is the question. We grant he may be readily tamed, but he is very apt at the migrating season to fall sick, and to waste from atrophy. His natural food is caterpillars and insects, which he devours most greedily; and his delight is to roam amidst orchard and kitchen gardens. In these localities his depredations on fruit—pears, strawberries, cherries, plums, apples, and the like—are fearful for a bird of his size. As for his appetite, it is, like an elastic band, endless."

"To compensate for these little, naughty, thieving, gluttonous propensities, he pours forth a flood of harmony between meal times—aye, and when his mouth is full—that disarms all anger. So—

'If to his lot some mortal\* errors fall,  
List to his voice, and you'll forget them all.'

"His song is both long and loud. It generally begins very low, and is," as Sweet remarks,

\* Mortal, indeed. He is hated universally by gardeners, and shot without mercy.



"not unlike the song of the swallow. It rises by degrees until it resembles the song of the blackbird. When his voice is heard after sunset, a case of frequent occurrence, it falls on the ear with most pleasing harmony. He is quite as fond of the bath as the blackcap, and lives on the same food and delicacies. Give him, in addition, plenty of ripe fruit, ivy and privet berries, and stale bread soaked in boiled milk.

"The garden warbler is a shy, cunning little fellow when at liberty; but in a fruit garden, where all his time is spent in gluttony, you will have little difficulty in getting a sight of him, and, as there are always plenty of leaves to conceal him, he will not feel disturbed by your close proximity."

Bechstein, whose original work, "Natural History of Aviary Birds," was published at Gotha, 1794, says of the whitethroat (*Monticola*, or *Sylvia cinerea*) "that it is a slender and elegantly-formed bird, five inches and a half in height, of which the tail measures two inches and three-quarters. In a wild state it pecks off the trees all kinds of insects and their larvæ, and when deprived of this kind of food by the severity of the weather betakes itself to berries of different species. In confinement it should be fed on nightingale's food, and occasionally a little barley meal, with bread and milk. It thrives best in summer if red elderberries, and in winter dried black elderberries, which have been soaked in water, be now and then mixed with its food."

The whitethroat builds its nest in thick underwood near the ground, among roots of trees which have grown above the surface, on the banks of brooks and rivers, and even in tall grass. It is loosely put together of grass stalks and moss, with a lining of horse hair. The female lays five or six greenish-white eggs, spotted with olive green and dark ashen grey. The young birds, which soon leave the nest, are like the parents, except that the rust-coloured border of the wings is not so distinct, a peculiarity which is more marked in the females than in the males, and affords, therefore, a criterion by which the sexes may be distinguished. When doctors disagree, who is to decide? They can easily be reared with ants' eggs, and become in time so tame as to sing when perched on the master's hand.

Sweet tells us "that this is a very lively and interesting bird, and one of the easiest preserved. Its song, also, in my opinion, cannot be surpassed by any bird whatever; it is both lively, sweet, and loud, and consists of a great variety of notes."

Robert Mudie speaks of the whitethroat warbler (*Curruca cinerea*) as the best known, the most numerous and generally distributed of all the warblers; and though its stave is somewhat brief, it is so unsparing in the repetition that it gives abundant quantity of no despicable song.

**THE BABILLARD, or White-breasted Warbler** (*Curruca garrula*, or *La fauvette babillarde*).

The babillard is not unlike the bird last described in form and plumage, although smaller, and not so rust-coloured on the wings. It is five inches in length, and the tail measures two inches. The beak is five lines long, sharp, and black, except on the lower mandible, which is blue; the iris has an outer ring of yellowish white and an inner one of bright yellowish brown; the feet are seven lines in height, and blackish blue. The head and rear are dark reddish grey, the cheeks are somewhat darker than the head, and the rest of the upper part of the body grey, slightly tinged with red. The under part of the body is white, with a reddish grey hue on the sides of the breast. The small wing coverts are light brown, the larger wing coverts and pen feathers dark brown, edged with reddish grey; the tail dark brown, the outermost feather having a wedge-shaped white spot, and the others bordered with reddish grey. It is very difficult to distinguish the female from the male, though if both are seen at once it may be seen that her head and feet are a little lighter in colour.

It is found in all parts of Europe, above all in the extreme north, and in Germany is one of the commonest hedge birds. It is a bird of passage, coming here in April and taking its departure in September. It is found in gardens, especially if full of gooseberry bushes, and if seen in the woods it is never on the high trees

but in the dense underwood. It is a very delicate bird, but may be treated like the fauvette. It eats insects and small caterpillars, and, as we conclude from the fact that it arrives a week earlier than others of its species, insects' eggs also. It is very fond of currants and blackberries. In the aviary it may be fed with nightingales' food, but it will not live longer than a year, except when supplied with ants' eggs or meal-worms.

Sweet says that in confinement it will soon become tame and familiar, and readily take to feed on bread and milk, also on bruised hemp seed and bread. "One that I bred up from the nest became so attached to its cage that it could not be prevailed upon to quit it for any length of time. When the door of it was put open it would generally come out quickly, and first perch on the door, then mount to the top of the cage, from thence it would fly to the top of any other cages that were in the room, and catch any flies that came within its reach. Sometimes it would descend to the floor, or perch upon a table or chair, and would come and take a fly out of the hand, or drink milk out of a spoon if invited; of this it was very fond. As soon as it was the least frightened it would fly immediately to its cage, first on the top, from thence to the door, and would enter it exactly in the same manner as it came out. I have often hung it out at the window perched on the top of its cage, with the door open, and it would never attempt to fly away. Sometimes, if a fly should attempt to pass near it, it would fly off and catch it, and return with it to the top of its cage; after remaining there a considerable time it would return into it, or fly into the window and perch on the cages of the other birds. I have sometimes placed the cage with its door open in the garden, where the ants were plentiful; it was always very shy of coming out, and on being the least alarmed it would return to it again. I kept this bird through several winters, and the cold seemed to take no effect on it. At last a strange cat came into the room where it was, and pulled it out from betwixt the wires of the cage without leaving a feather behind, it was so very small."

(To be Continued.)

## ASPARAGUS. "EASY OF DIGESTION AND VERY NUTRITIOUS."

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THIS is said to be a native British plant, growing wild in many parts of England and Scotland. It has been much improved by cultivation, and is now to be found all over the civilised world. One of the earliest fresh vegetables in the market, it would doubtless be popular from this reason, even if it were not also easy of digestion and very nutritious. The asparagus found at the market in March is hardly worthy its name. To those who have known the luxury of gathering from their own gardens the crisp stalks, with the morning dew still on them, will never be satisfied with the wilted article, which is the best the city markets ever offer.

An asparagus bed is a good investment for those having a few feet of ground at their disposal; though never a stalk be sold, it will add much to the family table. The season of this dainty is so short that we have hardly time to tire of it; but a bed in good condition will supply several bunches weekly, and it is sometimes desirable to vary the way of preparation for the table. The canned asparagus is very good—better than the earliest offered in the markets—and, of course, is ready for use at all seasons of the year.

For convenience, asparagus is usually arranged in bunches, the heads together. Generally that portion of the stalk that will not break readily before cooking will not grow tender by that process; therefore it is quite as well to remove it before as after; and, indeed, it is almost impossible to cut off the tough part neatly after it is cooked. The heads are the most delicate portion, and the green part of the stalk is usually tender. The stalks must be carefully washed and looked over, then tied and put into boiling, salted water, deep enough to cover. One or two table-spoonsful of vinegar are sometimes put in the water, since it helps to preserve the green

colour of the vegetable. The time required for cooking varies with the age and freshness of the vegetable; from ten minutes to half an hour will usually make it tender, but when very wilted it is almost impossible to cook it at all. If it is necessary to keep the stalks for any length of time before cooking, place the bunch upright in a shallow dish of cold water, and keep in a cool place. As the heads cook in less time than the stalks, it is a good plan to cut the ends off squarely and stand up in the kettle so that the tops will be at least an inch above the surface. By this method the lower part will be well cooked before the heads are broken.

To serve, drain thoroughly and place on a platter, on toast or not, taking care that the stalks are not bent out of place, then remove the string that held the bunch in place, season with butter and salt or a white sauce. Another way is to boil five minutes, drain off the water and add more; let the last boil away till just enough for a gravy, thicken and season it and pour over the asparagus.

Sometimes the stalks are broken into inch pieces, all the tough parts rejected, and the rest cooked and served like green peas; in this case it is best to add the heads last, as they require less cooking. This is a good way to dispose of stalks of unequal size; they may be broken still smaller and cut in bits of equal size.

It is a matter of dispute whether a white or cream sauce is really an addition to asparagus or not; many prefer it with butter or cream without thickening, while others invariably serve it with a sauce. One recipe at hand recommends the use of well-cooked Lima beans for a thickening.

The white sauce is best made as follows:—Boil one pint of milk, cook two table-spoonsful of butter and two of flour together, add a third of the milk and cook till perfectly smooth, stirring rapidly; gradually add the remainder of the milk, letting it cook, and stirring all the time. Season with salt and pepper.

To suit all tastes, the sauce might be served separately from the asparagus. Instead of serving on toast, the top crust of rolls may be taken off, the inside removed and the hollow filled with asparagus, cut in small pieces, and mixed with a cream sauce to which a beaten egg has been added. Replace the upper crust and send to the table very hot; the asparagus mixture should be boiling to accomplish this. The rolls for this purpose are best a day old, and may be warmed in the oven before filling.

Eggs and asparagus may be united in various forms, as baked eggs on asparagus. Cut cold boiled asparagus in small pieces, and put in a buttered baking dish, season well, and drop eggs over the top without beating, and bake till the eggs are cooked. Or, beat the eggs, add an equal amount of milk, have just enough liquid to cover the asparagus. Sprinkle the top with buttered crumbs, and bake slowly like a custard. Asparagus omelet is made in a similar way, but cooked in a frying pan. Or an ordinary omelet may be cooked, and hot tips of asparagus folded in when done. When there is not enough of the vegetable to serve alone, it may be used in these ways, or what is left from dinner one day may be warmed over for breakfast the next. Cold asparagus may also be served with salad dressing, either alone or combined with salmon. If, as soon as boiled, it is put into cold water with a small quantity of vinegar, it will be green and firm. It may be served with any salad dressing.

A simple and easily prepared dressing is made by melting one table-spoonful of butter and mixing with it one table-spoonful of made mustard, a little pepper and salt, and a dessert-spoonful of vinegar; pour over the asparagus. The heads make a pretty garnish for salads and other dishes.

Asparagus soup is both delicate and delicious. Cut the heads from a bundle of asparagus, and cook them separately; cook the remainder in one pint of white stock or water. If the onion flavour is liked, cook two thin slices of onion in one table-spoonful of butter, and add to the asparagus and stock. Cook one table-spoonful of flour in one table-spoonful of butter; add to the stock. After the stock has cooked half an hour rub through a strainer, and add one pint of hot milk or cream, season with salt and pepper, add the asparagus heads, and serve.



Asparagus sauce may be served with lamb cutlets, &c., and is made by adding the heads to any nicely flavoured sauce, or straining the whole into the sauce.

## THE STAFF OF LIFE.

A COMPILATION OF INTERESTING HISTORICAL FACTS RELATING TO BREAD.

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ETYMOLOGY—Food made from grain. The earliest history we have of bread shows the people did not possess the knowledge of leaven or yeast, and that the primitive way of making bread was to soak the grain in water, then press or bruise it, forming it into cakes and drying it either by the sun or through the action of fire. The next advancement in preparation—or, rather, the improvement—was to pound or bray between stones or in a mortar before moistening or baking, and from this operation—braying—some etymologists (especially Tooke) are led to believe the word bread is from brayed, it being the past participle of bray. This is contrary to etymology, as shown by Webster and Skeats, who quote some of the old words—Anglo-Saxon, bread; Middle English, breed or bred; old German, prot; Swedish, brod; Danish, braed; Belgian, brood; Hebrew, barouth—and insist that the root of all these indicate it was brew, bake, or break, and so on, and are the natural results to formation by fermentation. Todd remarks, "It is as full as probable the Saxon bread, whence our bread, is from the verb bredan, to nourish," but we are of the opinion that the word brayed is probably the correct one. A rather more elaborate pressing or grinding of grain led to such simple forms of bread as the oat-cakes of Scotland. The bannocks of Scotland made of barley meal or pease meal, the Jewish passover cakes of wheat meal, the dampers of Australia made from wheat, the East Indian scones, the corn-dodger of America, and the cassava cakes of South America made from the cassava root or tapioca plant.

These were made from coarse meal, salt, and water, and kneaded with the hands upon a flat surface. The mess was then either rolled thin or shaped with the hands and baked in or before the fire. And this bread, as named above, represents what is called the unleaven, as no leaven or yeast was added to cause fermentation (the porosity and lightness of the mass.)

Referring to sacred history, we find bread first mentioned in Genesis xviii., 5, when Abraham offered to "fetch a morsel of bread." Again in xix., 3, "He made them a feast and did bake unleaven bread."

The pre-historic excavations at the Lake Dwellings of Switzerland show abundant evidence that bread-making was one of the arts of our pre-historic ancestors, and as early as the stone period we find stones for grinding meal, and also specimens of the bread have been discovered in large quantities. The dough must have consisted of grains of barley coarsely crushed and formed with hands into small cakes about the size of a tea biscuit.

Tradition gives us that Ching Nong, a Chinese ruler B.C. 1997, was gifted by the gods with the art of making bread with grain, and then taught his people the great blessing. At a very early period the art of baking was carried almost to perfection by the Egyptians, who baked cakes in loaves in many varieties and used several kinds of flour and flavoured their breads with aromatic ingredients. In Egypt, it is highly probable, the Jews learned the art of leavening bread. It is supposed that the Egyptians were the first to use leaven, and the secret afterwards became known to the Greeks, who, according to Diodorus, ascribed the invention of leavening bread to Pan, who was originally an Egyptian deity, and it is mentioned that no less than sixty-two varieties of bread were known to the ancient Greeks, and from them it became known to the Romans, and B.C. 170 the art of bread-making became so respected that it was changed by them to a profession.

B.C. 148 numbers of skilled Greek bakers came to Rome, and, being given special privileges, soon obtained a monopoly over native bakers.

Pliny says professional bakers were first introduced into Rome at the close of the war

with Perseus, King of Macedon. The art of making bread made its way northward slowly, as it was carried by the Romans during their campaigns in the northern countries, and who spread the knowledge far and wide as they went.

The difference between leaven and yeast is that yeast is formed by a mixture of hops and barley, or potatoes and malt, and allowed, through the action of heat and other sources, to become a mass of yeast blossoms or yeast germs, which can be dried and used at any time. Leaven, or sour dough, is dough in which putrefaction has begun, and which, owing to the presence and rapid growth of the yeast plant or germs, quickly communicates its character to the fresh dough with which it mingles, and causes the process of fermentation to take place. The use of leaven in baking dates from remote antiquity, but the employment of yeast is of a more recent date. The bread mentioned in the Scriptures was made from either wheat, barley, lentils, or beans. Barley bread was only used in times of scarcity and distress.



## OUR SPHINX AND PUZZLE PAGE.

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Please to write "Sphinx" outside all letters intended for this department.

### A LOGOGRAPH.

A logograph is a kind of charade in which a word, usually a short one, is made to undergo several transformations, and to be significant of one thing. The following capital specimen of this kind of word puzzle is by the late Lord Macaulay:—

Cut off my head, how singular I act;  
Cut off my tail, and plural I appear;  
Cut off my head and tail—more curious fact,  
Although my middle's left, there's nothing there;

What is my head cut off? A sounding sea.  
What is my tail cut off? A flowing river.  
Amidst its foaming depth I fearless play,  
Parent of softest sounds, though mute for ever.

### ALGEBRAICAL QUESTION.

A mixture of teas, black at four shillings, and green at five, cost three guineas. Supposing the mixture to be equal, how many pounds were mixed?

### ARITHMETICAL PUZZLE.

Divide £28 among three men, so that the second may have four times as much as the first, and the third one half as much as the second.

### ARITHMOREM.

150 Y we see	is a British province in further India.
103 man	is a mountain in America.
50 and ak	is a place in Borneo.
150 owe	is a place in the United States.
1050 sea	is a place in Russia.
50 and a	is a Russian island.
20001 ra	is a place in Spain.
101 G. Newton	was a President of the United States.
1550 ah	is a place in Lancashire.
60 a f	is an English county.
650 Go ye	is a place in Wales.
The w initials of the above make the name of a composer.	

### LOGOGRAPH.

With a, e, i, o, u, vowels five,  
Two others letters take,  
Then, with these two letters you contrive  
Five simple words to make.  
My first answers to the French apropos,  
My second is something we hold dear,  
My third is a place in a show,  
And my fourth is a measure for beer;

My fifth is put—I shall not tell you where,  
The reader is already looking there.

### TRANSPPOSITIONS.

1. Meet us, man.
2. No, I can mop.
3. Trap Tom in.
4. I wind soon.
5. Stop a cure.
6. Rue Spoons.
7. Harve he.
8. True lover.
9. Tin is not cur.

### CHARADE.

My first is a river in Spain flowing into the Iberus; my second was the son of Belus, king of Assyria, and second husband of Semiramis; and my whole was a son, Asinius Polleo.

### ANSWERS TO "OUR SPHINX," No. 12.

#### ARITHMETICAL PUZZLES:—

1. Twenty shillings paid with nineteen.—The half, one-third, one-sixth, and one-nineteenth of nineteen shillings are 9s. 6d. + 6s. 4d. + 3s. 2d.  $\times 1 = 20$ . This, however, is only a payment on paper.

2. The friendly contest.—A had 1, B 5, and C 7. Thus:—A,  $1 + 11 = 12$ , the sum of B and C. B,  $5 + 11 = 16$ , twice as much as A and C. C,  $7 + 11 = 18$ , three times as much as A and B.

3. Grandfather's age.—The gentleman's age was 72. Thus: 60 years ago he was 12 years of age. The square of 12 is 144, which, divided by 2, gives 72.

4. The Mathematician's Problem.—The numbers 45, which, divided into four parts—viz., 8, 12, 5, and 20, equal 45. To the first part we add 2 ( $8 + 2 = 10$ ) from, the second you subtract 2 ( $12 - 2 = 10$ ), the third you multiply by 2 ( $5 \times 2 = 10$ ), and the fourth part you divide by 2 ( $20 \div 2 = 10$ ); consequently the sum of the addition, the remainder of the subtraction, the product of the multiplication, and the quotient of the division are precisely the same: 10.

DOUBLE ACROSTIC—Water-Drink. 1, Word; 2, Air; 3, Tri; 4, Eton; 5, Rink.

LOGOGRAPH—Nile, Mile, Pile, Bile.

CHARADE—Class-if-i-cat-i-on. (Classification).

## FAMILY SCRAP BASKET.

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—:0:—

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there will be a dry, hacking cough, attended after a time by expectoration. In very advanced stages the skin assumes a dirty brownish appearance, and the hands and feet are covered by a cold, sticky perspiration. As the liver and kidneys become more and more diseased, rheumatic pains appear and the usual treatment proves entirely unavailing against this latter agonising disorder. The origin of this malady is indigestion or dyspepsia, and a small quantity of the proper medicine will remove the disease if taken in its incipency. It is most important that the disease should be promptly and properly treated in its first stages, when a little medicine will effect a cure, and even when it has obtained a strong hold the correct remedy should be persevered in until every vestige of the disease is eradicated, until the appetite has returned, and the digestive organs restored to a healthy condition. The surest and most effectual remedy for this distressing complaint is "Seigel's Curative Syrup," a vegetable preparation sold by all Chemists and Medicine Vendors throughout the world, and by the Proprietors, A. J. WHITE, Limited, 35, Farringdon Road, London, E.C. Price 2/6 per bottle. This Syrup strikes at the very foundation of the disease, and drives it, root and branch, out of the system.



# THE COOK & HOUSEKEEPER

A JOURNAL FOR EVERY HOME



No. 15. VOL. I.

SATURDAY, JUNE 11, 1887.

PRICE ONE PENNY

## THE REFRESHMENT BAR.

OUR illustration represents one of those places of public resort which of late years have become a necessity, both in metropolitan and provincial life. The British public have taken kindly to refreshment bars, and devour with great gusto the dainties prepared for them. "The table," said an ancient Greek proverb, "is the mediator of friendship," even so is a public bar. From all time men have attached a great importance to eating in common.

The stomach is a divinity which interests all men; its service, or *culte*, is implacable and insatiable. It is a deity always old and ever young. It is imperious, rigorous, round, hard, difficult, and inflexible, says Rabelais. You cannot make it believe anything; it is useless to remonstrate and needless to persuade. It does not see, it speaks only by signs; but these signs everybody obeys, and more quickly than the edicts of kings or the commands of clergy. It admits of no delay, and declines all excuses.

Men of business who have no time to spare during the day to sit down to an elaborate repast betake themselves to the refreshment bar, and men have not found a sign of union more expressive than that of meeting together to enjoy a common meal. It would be a curious calculation to ascertain how many refreshment bars there are in the United Kingdom—



their name is legion. We append to this article a few methods of preparing sandwiches, which may be found useful to public caterers.

### SANDWICHES.

Sandwiches were invented, it is said, by a certain Lord Sandwich, of England—hence the name. The gentleman was a great sportsman, and devised these little compounds of bread and meat to carry with him on his hunting expeditions as a handy lunch, they being light, portable, and satisfying. They soon became known and popular with other sportsmen, and were called "sandwiches," after the inventor, and in order to distinguish them from other foods. They have since become well-known and highly popular the wide world over, and are almost certain to form a goodly portion of the provender on all picnics, sailing, boating, and hunting expeditions. They are now made in a variety of styles, some of which are very elaborate and expensive. These form an elegant and convenient article for receptions, luncheons, &c., particularly if they are delicately prepared and tastefully served. The bread and butter should be of the very best, neatly and thinly cut with a very sharp knife. Whatever meat is used should be carefully

trimmed from every particle of skin, fat, and gristle. Nothing should be introduced but what you are certain will be acceptable to the mouth.



## PLAIN SANDWICHES.

The ordinary way of making sandwiches is to cut a box-loaf into thin slices, then to spread the slices with butter, thoroughly mixed with a small quantity of dry mustard flour; upon one of the slices so spread place a thin slice of boiled ham, veal, beef, tongue, or game; lay another buttered slice of bread over this; press them closely together, and, with a sharp knife, cut off the crusts evenly and smoothly, and divide them into oblong squares. Serve them on a napkin placed upon a dish.

## CHICKEN AND HAM SANDWICHES.

Divest a cold boiled chicken of all skin, tendons, fat, and gristle; then chop up the meat, together with half its bulk of lean boiled ham or beef's tongue. Chop these meats up very fine; then add and stir them with a small teaspoonful of hot beef gravy and a teaspoonful of curry powder; stir all well together, and evaporate it for a few minutes over the fire, stirring constantly; then turn it out upon a dish. Then stamp out, from some thin slices of day-old bread, with a round tin cutter, a number of circular pieces, and fry them to a nice, light yellow colour; spread a layer of the meat paste between two of them, and place on the top of each a small piece of Cheddar or Roquefort cheese that has been mashed and worked, together with a small lump of butter, to a smooth paste. Then put the sandwiches on a baking-tin, and set them in a quick oven for a few minutes. Serve them hot, on a folded napkin.

Another style is to cut the slices of bread very thin, spread them with butter with a little dry mustard flour, and lay between the two slices a thin shaving of boiled tongue or chicken breast. These sandwiches may be rolled up in a roll and tied with a piece of narrow ribbon, then piled up on a dish in pyramid form.

Another similar sandwich may be made of boiled ham and tongue in equal portions, chopped up together very fine, then thoroughly mixed with butter and mustard flour or curry powder in sufficient quantity to form a paste; spread this upon one slice of thinly-cut bread, then form it into a roll, and tie up with ribbon.

## A RECEPTION SANDWICH FOR LADIES.

Take the meat of a cold roast chicken and an equal quantity of cold boiled beef tongue; chop them up into very small pieces, then pound them in a mortar to a paste with a lump of butter; season with a little cayenne pepper, ground mace, grated nutmeg, and salt. Spread this paste on thin slices of bread, cut square; put two together, and cut again crosswise from corner to corner, so as to form them into triangles, which form on dishes into pyramids or any fancy shape, and send to table.

## LOBSTER SANDWICHES.

Chop up the meat of a cold boiled lobster very fine; season it to taste with salt, cayenne, a teaspoonful of lemon juice or vinegar, and two tablespoonsful of olive oil, and sufficient mayonnaise dressing to well moisten the whole. Cut a day-old loaf of bread into thin slices, or into rounds, ovals, triangles, &c., the edges of which should be smooth, so as to present a neat appearance; spread the slices with butter, then spread the prepared lobster over this, and on the lobster lay a layer of watercress leaves; now put on the top slice of bread and butter; arrange them on a dish and serve.

## CAVIARE SANDWICHES.

Cut some rather thick slices of bread, remove the crusts, and toast the bread on both sides to a delicate fawn colour; then split the toast down through the centre and spread some butter on the soft side of the divided toast, and with a silver or silver-plated knife spread on rather thickly some caviare; season it well with pepper, a very little salt, and a squeeze of lemon-juice over each sandwich. Caviare should never be touched with steel.

## PATE DE FOIE GRAS SANDWICHES.

But some thin slices of bread, spread them with the best and freshest of butter; mash and rub a small jar of pate de foie gras to a smooth paste, and spread it over the buttered bread; sprinkle over it a little salt and cayenne; pick the leaves of watercress and lay them on the pate de foie, then lay on the second slice of

buttered bread, and press it firmly on and cut in oblong pieces. Serve piled up on a folded napkin.

*The Cook and Housekeeper.*

SATURDAY, JUNE 11, 1887.

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(ARRANGED ALPHABETICALLY.)

—:—

**Croquettes.**—One pound and a half of chicken, turkey, or veal already cooked, two tablespoonsful of minced ham, also one tablespoonful of butter rolled in flour, the yolk of one egg, half a pint of cream, salt, pepper, and a little nutmeg. Cut up the meat very fine, but do not chop it or it will be pasty, nor must it be lumpy; put the seasoning of salt, pepper, and nutmeg into the meat first, and gradually stir it into the cream, butter, and flour, stirring all the time that it may not be lumpy; let it boil until it drops rosy from the spoon; then pour out half from the saucepan and set it aside. Pour all the prepared meat into the saucepan with the other half over the fire, and stir until thoroughly mixed, but not cooked. It mixes better in this way. If too stiff add that which has been set aside a little at a time, until the mixture is of the right consistency. It must be as stiff as can possibly be handled and at the same time handled as lightly as possible. Then pour the mixture from the saucepan into the plate, and set it on ice to cool unless the weather be cold. Have ready some fine bread crumbs, beat an egg, and shape the croquettes either in the shape of an egg, pear, or cork, dipping them in the egg; and with a fork rolling them in the bread crumbs.

**Croquette's** (Another Way) can be made of cold meats, but turkey, veal, or chicken is preferred. Chop up about two pounds of meat, a medium-sized onion, one ounce of butter mixed with a tablespoonful of flour. Stir these seasons together for half a minute, then the chopped meat and a little of both pepper and salt, with a pinch of nutmeg. Stir for about ten minutes, take from the fire, mix two yolks of eggs with it; put it back on the fire again stirring all the while, but for a very short time; spread the mixture on a flat dish, and set it away to cool. When perfectly dry mix it well. The best way to shape the croquettes is to take off a spoonful of the mixture and roll into a ball, first covering it with yolk of egg, then with a few bread crumbs. If you prefer a cylindrical shape, roll until longer than thick, with a knife smooth both ends, while with the left hand roll them gently until they are the proper shape, and then fry them in lard.

**Croquettes—Rice Croquettes.**—Boil half a pound of rice till quite soft, but dry; mix with it a tablespoonful of grated cheese, half a teaspoonful of powdered mace, and a teaspoonful of salt, with enough fresh butter to moisten it sufficiently to make into shape. Take a small tablespoonful and form it into a pear or egg-shape, brush over with the yolk of an egg, and roll in bread crumbs. Very good croquettes may be made without the cheese, substituting the yolks of two or three eggs, with a little increase of butter; or by putting a spoonful of jelly or jam in the centre, a nice dessert is furnished in rice croquettes.

**Crows' Nest Pudding.**—Put nice sour cooking apples into baking dish; put sugar, cinnamon, and lemon over them; throw into them a cup of water, and cover dish with a crust of light pie crust. Put in oven, and bake until apples are tender. Be sure to cut air-holes in crust before putting in to bake. Eat it with cream and sugar, or a sauce of butter and

sugar; beat together until firm enough to slice like butter. Grate a little nutmeg over the sauce if cinnamon is not liked.

**Cucumber Soup, Purée of.**—Take six or seven fine young cucumbers; cut three or four of them in parts about an inch long, each of which divide into three equally, cutting from one end to the other; cut off the rind of them and the seedy inside; trim the edges. You must not use within an inch of the cucumber next the stalk, as it has a very earthy flavour. Throw your cucumbers into cold water as you prepare them; blanch and drain them dry; then boil them in a little consommé to a half glaze with a piece of ham and sugar. This process must be quickly got through, or they would boil to a pap. Pare and cut out the middle of the remaining cucumbers; slice them, and fry them with half an onion and butter in a three-quart stewpan. Be careful that they take no colour. Add a quart of good white stock and the crust of a French roll, well rasped, together with a quarter of a pound of York ham. When these are thoroughly done take out the ham, skim your soup, and pour it through a fine tammy; put it back into a soup pot, and add about a pint of sauce tournée. When this has boiled about twenty minutes throw in the cucumbers first prepared, and mix the whole with a liaison of eight yolks of eggs, with a little cream and butter. This soup is served with the crust of bread in rounds of the size of a shilling, or in diamonds. To be kept hot or warmed up again it must be put in a bain marie.

**Currant Jelly.**—Take of red and white currants equal quantities; tie them down close in a jar; put them into a kettle of water over a slow fire to boil for two hours; strain the liquor into a fine sieve, but do not squeeze the currants hard; then to every pint of juice put three-quarters of loaf sugar pounded; set it over a very slow fire until the sugar is dissolved. Do not stir it until the scum rises thick enough to be taken off at once; then let it boil up quickly for twenty minutes.

**Currant Jelly without Boiling.**—Press the juice from the currants and make it quite hot, but it must not be allowed to boil. To each pint of juice add a pound of loaf sugar, pounded very fine, and make quite hot in the oven, and then stirred gradually in the hot juice until melted.

**Currant Salad.**—Pick over separately a pint each of red and white currants; put the red currants in the centre of a compote, the white round them in a border; outside of these arrange another border of red or black raspberries. Take a pint and a half of rich cream, sweeten it well, and beat it with a spoon to dissolve the sugar, and while doing so gradually add one tablespoonful of brandy and one of curacao. Send the dressing to table separately; just before serving pour in over the fruit, mix and serve. The fruit should be kept quite cold until wanted. A salad will not produce dyspepsia if eaten in moderation; one should always avoid eating rapidly.

**Curried Eggs.**—Fry in butter three onions till brown, add flour and stir, gradually put in half a pint of stock. Let it boil for six minutes mix up a tablespoonful of curry powder with a quarter of a pint of cream, and add contents to stewpan. Now add five hard-boiled eggs cut into slices, and slowly simmer for five minutes.

**Curry—Lord Clive's Curry.**—Slice six onions, one green apple, and a clove of garlic; stew them in a little good stock until they will pulp, then add one teaspoonful of curry powder, and a few tablespoonsful of stock, a little salt and a little cayenne pepper, half a saltspoonful of each; stew in this gravy any kind of meat cut into small pieces, adding a piece of butter the size of a walnut, rolled in flour.

**Curry Madras.**—Take a part of a neck of mutton, cut into small pieces, and take out the bones, fry it until brown with its own fat, stew it for some two hours in good broth or water, add fried onions, pepper, and salt to season, and five minutes before it is served put one tablespoonful of curry powder in the meat, mix it well and let it stew, but not boil, for five minutes. This is a most excellent curry, and much more economical than any other.

**Curry of Chickens.**—Cut up the chickens as for a fricassee, put them into a stewpan with six ounces of butter, four sliced eschalots, a small seasoned faggot, an onion stuck with two cloves, and a blade of mace, two ounces of ham, a few mushrooms, and an apple cut into pieces,



Put the whole on the fire a few minutes, add a tablespoonful of curry powder, and a teaspoonful of turmeric, let these sweat well together; add a tablespoonful of flour. Keep the stewpan moving over the fire so as to make a good roux, dilute the whole with a ladleful of chicken consommé. When it boils draw it to the corner of the stove and let it simmer until done. Skim it well, take out the pieces of chicken, take out the faggot, and rub the sauce through the tammy; trim the pieces of chicken, add the sauce to them, and keep it hot in a bain marie. Dish it, and serve round it small heaps of rice, done very dry, or a border of rice. Some add a spoonful of the cocoa kernel pounded, which imparts a very delicate flavour.

**Curry of Cold Meat.**—Three tablespoonsful of butter, three teaspoonsful of flour, one onion, one teaspoonful of curry powder, salt, pepper, one pint of stock or water, two pounds of any cold meat cut in thin slices. Put butter in frying-pan, when hot add onion, and when they turn yellow add flour and curry powder. Stir two minutes, add stock or water, simmer five minutes, and strain on the meat. Simmer altogether for ten minutes. Serve with a border of rice or mashed potatoes.

**Curry of Cold Roast Fowl.**—Take two large onions, two apples, two ounces of butter, a dessert spoonful of curry powder or paste, half a pint of gravy or soup stock, one spoonful of lemon juice, and two tomatoes. Fry the fowl and the onions in butter to a light brown colour; stew the apples, or fry them also. Put all onions, apples, gravy, and fowl, with the tomatoes and lemon juice, into a stewing-pan, and let it stew thirty minutes; then serve with boiled rice.

**Curry Sauce.**—Put into a pan four good-sized onions sliced and two of peeled apples, with a quarter of a pound of butter, the same of lean ham, a blade of mace, four peppercorns, two bay leaves, two sprigs of thyme; stir them over a moderate fire until the onions become brown and tender, then add two tablespoonsful of the best curry powder, one of vinegar, two of flour, a teaspoonful of salt, one of sugar; moisten it with a quart of broth or milk, or even water, with the addition of a little glaze; boil till in a pulp and adhering rather thickly to the back of the spoon; pass through a fine sieve or tammy, give it another boil for a few minutes, put it in a basin and use when required. Any kind of meat, poultry, and fish, or part of game is excellent warmed in this sauce and served with well-boiled and dry rice. We have kept the sauce in a cool place in the winter for a month, boiling it now and then. The quantity of powder may be omitted, and a spoonful of curry paste used, or some mangoes.

**Custard.**—Whites of three eggs, one quarter-teaspoonful of salt, two tablespoonsful of sugar, grated nutmeg, one pint of milk. Beat sugar, whites of eggs, salt, and nutmeg together; then add a little milk, beat a few minutes longer, add the remainder of the milk, turn into custard cups, and bake in a slow oven in a pan of warm water until they are firm in the centre.

**Custard Pie.**—Line a deep pie-plate with plain paste. Beat two eggs with two tablespoonsful of sugar, one-fourth of a teaspoonful of salt, a little nutmeg. Beat with a spoon, and not too lightly; stir well, and turn custard on plate; bake in moderate oven until firm in centre.

**Custard Pudding.**—Boil a quart of milk until reduced to a pint; take from it a few spoonful and let it cool, mixing with it perfectly one spoonful of flour, which add to the boiling milk and stir till quite cool. Beat four yolks and two whites of eggs, strain them, and stir them into the milk with two ounces of sifted sugar, two or three spoonful of wine, and a little grated nutmeg; put in a basin, tie a cloth over it, boil half an hour; untie cloth, cool basin a little, lay a dish upon the top of it, and turn it out.

**Custard Rice.**—Take a cup of whole rice, seven cups of milk; boil by placing pan in water, which must not go off the boil until it thickens; then sweeten, and add a pound of sweet almonds.

**Custard—Soft Custard.**—One quart of milk, a half teacup of sugar, half a teaspoonful of salt, the yolks of eight eggs and the whites of two, one teaspoonful of lemon or vanilla flavour, or half as much of almond. Beat the sugar and eggs together, and add one teacup of milk. Let

the remainder of the milk come to a boil, pour it on the beaten mixture, and put this on the fire in the double boiler. Stir until it begins to thicken, which will be in about five minutes; then add salt and set away to cool. When cold add the flavour. Serve in custard glasses.

**Cutlets, Mutton.**—Trim a neck of mutton by cutting away the scrag and sawing off three inches of the rib bone; then cut about ten cutlets out of the neck; shape them by cutting off the thick part of the chine bone; beat them flat to about a quarter of an inch in thickness with a cutlet chopper dipped in cold water; detach an inch of fat from the lobe of the rib bone and trim it; season it with a little salt and pepper, then well beat up one egg, dip a brush into it, and rub it lightly over the chop; dip it into bread crumbs, form it into shape again, and dress in the following way:—Put two ounces of butter into a sauté-pan or very clean omelette-pan; mill it, and put the cutlets in; put it on the fire for four minutes longer; try if they are done by pressing with the finger; they ought to be firm and full of gravy; lay them on a clean cloth, and dress them in the form of a crown—that is, by keeping the thick part at the bottom and the scraped part of the bone at the top, and each one resting half way on the other. Every dish of cutlets must be served thus.

**Cutlets of Leverets with Fine Herbs.**—Take the fillets of three leverets; take away the nerves and skin; cut them to the shape and size of mutton cutlets; take the ribs of the leveret, which cut out; flatten the cutlets and introduce one rib, cleaned and scraped, into each; pass in butter and grated bacon, some chopped fine herbs; season with salt, pepper, and half a glass of white wine; let them simmer six or seven minutes; dish them en miroton, and keep them hot; skim the finest herbs; add a spoonful of brown sauce reduced, and the juice of a large lemon. Mix the whole well together, and serve with the sauce put in the middle of the well formed by the cutlets.

**Cutlets—Plain Mutton Cutlets from the Neck.**—An invalid will frequently be tired of a mutton chop, and, for our part, we say a cutlet is far superior in flavour, and has a much neater appearance; cut it off a rib from the neck, of the same thickness as a mutton chop; cut away the skin upon each side of the bone to the chine, which cut off; trim away the greater part of the fat; cut off a piece at the end of the bone, which scrape off, leaving about half an inch of the bone bare; then beat it lightly with the flat of the chopper; season, boil, and serve very hot.

**Cutlets (Plainer Way).**—Cut them from the neck; beat them down roughly without trimming; put them on the gridiron; when warm through add salt, pepper, and very fine-chopped onions; turn several times; they will take about ten minutes' broiling; dish very hot, and serve. They may also be served in very white mashed potatoes.

**Cutlets, Lamb.**—Ten cutlets would be sufficient for a dish, and might be carved from one neck (as described for mutton cutlets), but leaving them as large as possible—that is, about one-third less than the mutton; season them lightly with salt and pepper, egg and bread-crumbs them over, afterwards beating them gently with a knife to put them again into shape; then have a little clarified butter upon a plate, into which dip each cutlet separately, afterwards throwing them into bread crumbs, giving them another coat, and beat again. Then, if wanted to be of a nice colour, put four spoonful of salad oil into a sauté-pan, lay in the cutlets, and set them over a sharp fire, turning when required; six or eight minutes would be sufficient to do them nicely. When done, lay them upon a cloth a moment to drain, glaze and dish them in crown upon your dish, and serve with cucumbers stewed in the centre. Lamb cutlets may also be served with stewed peas, spinach, asparagus points, sauce jardinière, piquant, or maitre d'hotel; or lamb cutlets may be boiled instead of fried, or served à la Maintenon, as directed for veal cutlets.

**Cutlets, Pork.**—Choose a small neck, cut eight cutlets out of it of the same shape as the mutton, only leaving a little more fat on it; season, egg and bread-crumbs, fry in pan, serve with either sauce Robert, poivrade, piquant, tartare.

**Cutlets (Pork) Sauté.**—Cut six or eight good-sized cutlets from the neck, lay them in a

battered sauté-pan, season well with pepper and salt, and place over the fire; when done lay them upon a plate, pour some of the fat from the sauté-pan, add a good tablespoonful of chopped onions, pass over the fire a minute, then add a teaspoonful of flour; moisten with half a pint of broth or water, and a piece of glaze added; season a little more, add a bay leaf and a teaspoonful of vinegar with one of mustard; mix well, lay in the cutlets when quite hot, and dress upon a dish; sauce over, and serve. This sauce is good with any kind of cutlet, especially pork.

**Cutlets—Prussian.**—Take a piece of veal, say one pound, from any part of the calf as long as you extract the nerve, with a little fat, chop it up, but not too fine, add to it a tablespoonful of chopped eschalot, one of salt, half a one of pepper, little grated nutmeg, chop it a little more, and make it into pieces of the size of two walnuts, which give the shape of a cutlet; egg and bread crumb each, keeping the shape in each, insert a small bone at the small end, saute in fat, oil, lard, or butter, give it ten minutes on a slow fire until a nice brown colour, dish and serve with demi-glaze sauce, in which you have put a spoonful of Worcestershire, and serve with any brown or white sauce or stewed vegetables you like. Any kind of meat may be used.

**Cutlets—Veal Cutlets à la Dauphine.**—Cut the best end of a neck of veal into six or eight cutlets. First saw off the chine bone, and cut the rib bones short; trim them neatly; cut away the edge of the side which is to be larded. Dress as above, and dish them with the point of the bones downwards.

**Cutlets—Veal Cutlets à la Dreux.**—Closely daube veal cutlets cut as above, that is, lard them through with dressed ham cut as large as your little finger; put a few of the trimmings at the bottom of the stewpan with a few sliced roots, a little spice, and parsley. Cover them with the remainder of the trimmings and slices of fat bacon, moisten with a little consommé. Let them boil, and put them on a back stove to simmer from an hour and a half to two hours. When done put them on a dish to cool, boil, then skim it well, and reduce to a half glaze. Trim the cutlets neatly and put them into a sauté-pan with the half glaze; warm them in the oven, let the glaze be quite reduced, dish them, and serve them.

**Cutlets—Veal Cutlets à la Chalons.**—Prepare the cutlets as above, only, instead of larding them with ham lard them with tongue, pickled gherkins, and fat bacon.

**Cutlets—Victimised Cutlets.**—Cut three cutlets from the neck of mutton, about half an inch thick, trim one very nicely free from fat, leave the other two as cut off, put the trimmed one between the two, flatten them together so that the fat of the outside ones meets over the middle one, tie them together thus and boil over a very strong fire for ten minutes, remove it from the fire, cut the string, and dish up the middle one only on a very hot dish with a little salt sprinkled over it.

(To be Continued.)

## APHORISMS FOR EMERGENCIES.

—:O:—

1. WHEN dust gets into the eyes avoid rubbing with the finger, but dash cold water into them. Remove cinders with a camel's hair pencil.

2. Remove insects from the ear with warm water. Never use a probe or other hard substance for the ear lest you perforate the drum.

3. When an artery is severed compress above the spurting surface. Blood from arteries enters the extremities.

4. If a vein be severed compress below the spurting surface. Blood in veins returns to the heart.

5. When choking from any cause, get upon all fours and cough.

6. Suck poison wounds unless the mouth is sore.

7. In fracture of the skull, with compression and loss of consciousness, examine the wound, and, if possible, raise the broken edges of the skull so as to relieve the pressure on the brain. Prompt action would often save life.



## Fireside Novelettes.

### A MASTER-STROKE OF BUSINESS.

—:O:—  
VIII.

ESMOND had read this letter over often enough to know it by heart, but recent developments had suggested a new philosophy concerning it. "This is the upright man of business," thought he, "who has just driven Mr. Darcy to such desperate straits by his railroad corner. He who writes thus has bought a heavy load of stocks, at a price which he alone has reason to know is almost robbery, from a friend, and even while he exhorts me to integrity, and just dealing, and especially to charity, he urges me with all the force that so good a father's simple request should always have, to try and prove a practical worker in the world's harvest such as he reaps, and accomplish a master-stroke of business—such as a corner, I suppose, in North Atlantic!"

Esmond's cigar was out. He looked at his watch. It was ten o'clock. Occasionally on the verandah below he could hear the murmurings of the busy sea of speculation. He put on his hat, turned down his gaslight, and opened his door. His ear caught the sound of voices in low and earnest conversation in the corridor. He heard his name mentioned, and stepped back.

"You may swear young Drury is posted here to watch the market," said one, "and the stock, I can swear, will go down to-morrow."

"But if he's got the point that it's going down, why didn't he sell to Darcy?"

"He couldn't do it openly. His father holds the stock heavily, and the first sale he makes will set all the operators on the jump. And, you understand, we must jump first."

"He was devilish innocent when I talked with him a while ago. Sort o' bridled up when I called his dad governor."

"Then you may swear to what I tell you," said the other, fiercely. "That's one of his deep moves. He's here to sell out, and the instant he makes a move we've got to unload in a hurry."

"He won't talk —"

"Hang it!" responded the other, savagely. "You know him. Go to him at once and sound him. Get him drunk if you must, but get his points."

Then the two walked away. Esmond could see their backs as they traversed the long corridor. He knew that one of them was Sharpless.

"This is a conspiracy," said Esmond to himself. "I wonder if I could not charitably transact a master-stroke of business with these knavish friends of mine?"

He descended the stairs to the hall. The miniature stock exchange was still raging. Two men watched anxiously at the clerk's desk, one of whom was Sharpless. They saw him, and came briskly toward him. Mr. Darcy stood alone in the wide doorway, looking wildly about for a speculator who would give him the chance to recover the losses of the day. Esmond avoided Sharpless and his friend, and accosted Mr. Darcy. The latter grasped him warmly by the hand.

"It's been a warm night," said the elder, spasmodically.

Esmond thought it had been quite chilly, but he said, quietly, "Yes."

Then he took Darcy's arm, and asked a moment's conversation with him. As they walked through the crowd Esmond said, in a voice seemingly intended for Darcy's ear alone, but which reached the shrewd ears of Sharpless and his co-conspirator as they lingered near—

"I heard you offering 95 for N. A. just now."

"Yes," replied Darcy.

"Would you still give it?"

Sharpless and his confederate were following them up closely. Mr. Darcy became suddenly suspicious. The stocks must have already fallen, he thought, or why should Drury's son be making such a proposition as this?

"Still give it?" he echoed, with a view to save time.

"Yes," said Drury, as Sharpless and his friend almost stumbled over him. "I'd like to let you have 5000 at that rate."

Darcy hesitated.

"Or," said Drury, as Sharpless and his friend began a disinterested conversation on the last opera, near them, "between me and you, I would be willing to let them go at 94½."

Sharpless and his friend disappeared hurriedly in the crowd, leaving the last opera undissected.

"I think the stock is going down to-night," said Darcy.

"It's not going any lower than I've offered," responded Drury, quietly.

"You have advice?"

Drury smiled meaningly, and Darcy's suspicions were aroused in the other direction. Young Drury might have had instructions to "bear" the stock now in order to "bull" it hereafter. If he only knew just how much this young man was in the confidence of his father!

"I think I'll take your 5000 at 94½," said he, slowly.

Drury bowed, and the two entered the transaction on their note-books.

Then Drury bade the other good-night, and went to his room. From the window overlooking the verandah he heard, before midnight, many whispered negotiations by which "N. A." was disposed of at 94½, and he recognised Darcy's tones in more than one of them. If that eminent stockholder had not covered his losses during the night, it was not because of lack of charity on Esmond's part in his first "master-stroke of business."

The early birds of business had flown to the great dove-cote long before Esmond reached the breakfast-table. The morning papers contained full reports of the terrible crisis in the stock-market, and it behoved gentlemen interested in that species of commodity to be early at their posts. It was a rather enigmatical proceeding to the inert clerk, who kept flashing his eyes and his diamonds momentarily on Esmond, that the son of the banker was not away with the rest. But Esmond had thrust the whole business from his shoulders with the following letter, which left to the firm of Henry J. Drury the closing of his transaction with Mr. Manton Darcy.

"WEST END, August.

"DEAR FATHER:—I think I have made the master-stroke of business to which you exhort me. Last night I sold 5000 of North Atlantic to Manton Darcy at 94½, for which please settle. Yours lovingly,

"ESMOND."

#### IX.

THE long morning passed wearily, as mornings at a great sea-shore resort where all the men run away to the City every day usually do, Esmond taking little delight in anything but his own thoughts. As the afternoon began to wear away, however, he studied with unusual interest the telegraph stock-indicator. All was still excitement and turmoil in North Atlantic, and for a moment a flurry downward seemed to have seized on the stock. Then it recuperated again and reached 98.

"Hardly enough for Darcy to make his losses good," muttered Esmond. "It would be rather disastrous if my master-stroke of business had ruined the firm of Drury and Darcy too."

He walked away with a somewhat nervous sensation towards the beach. He tried to shake off his nervousness by a persistent thinking of Miss Nelly Darcy and of the remarkable revelation of another Nora, unlike his original, who had undergone the same experience as his own heroine on the same day. As his thoughts were thus engaged he found himself upon the beach near the summer-house in which he had first viewed the trim figures that took their way so deftly to the bath which had nearly proved fatal to them. Seated therein, and gazing listlessly towards the sea, were the Misses Darcy. They were somewhat startled at his approach, but smiled upon him and made room for him between them.

"I did not mean to disturb you, ladies," said he, easily; "I only meant to inquire after Miss Darcy's health."

"You must have thought me very weak," replied Nelly; "but I was very unhappy last night."

"Let me act the prophet," said he, "and assure you that you will be much happier to-night."

"So I have been assured by Mamie; but I fear

neither of you are so infallible as the prophets of old."

"At any rate, keep courage," he said. "I will be able to prove my infallibility before the afternoon is over. But, by the way, do you know that it was in this very summer-house that I first saw you young ladies yesterday?"

"Here?"

"Yes; and I believe I came very near discovering that you had done something which you should not have done."

The young ladies looked inquiringly at one another, and then laughed.

"Why, what do you mean?" said they.

"As you came up the wooden steps from the beach, and passed by me, I was ruminating on general affairs, when these words, or words of similar effect, reached my ears:—'What would papa think?' said one; and, 'We must not tell him,' said the other. So you see how near you were to detection."

"And what else?"

"One of you said, 'Oh, Eleanor, it's too terrible!' And then I thought that it was a very serious matter, and closed my ears."

"Well, it was very considerate in you, Mr. Drury," said Nelly.

"And we really ought to make confession to him for his kindness," said Mamie.

"First," said Nelly, "I think we ought to catechise him on a very important matter."

"I will submit to any catechising," said Esmond, for such a reward.

"Then please to inform us how you discovered that Miss Nora, whom you saved from drowning, is *petite* and dark."

"Upon my word," said Esmond, laughing, "the aptness of the question to the subject in hand is startling."

"Never mind. Answer it."

"Well, I saw her walking to and from the water—"

"In her bathing suit?"

"Yes."

"Do you think she would have looked taller in a long dress?"

"Since I think of it," said Esmond, still laughing, "she undoubtedly would."

"There—that point is settled," responded Nelly. "Now, you say she was dark and had dark hair?"

"Yes, it seemed so. I only saw it in the water."

"Do you think that it might have proved lighter if it had been entirely dry?"

"That seems true enough, but—"

"One moment. Do you remember what you said to Nora when you reached her?"

"I think I said 'Courage; bear up, &c.'—the usual thing."

"You said these words, Mr. Drury," said Nelly, with a slight show of emotion, "and I think I will never forget them. 'Courage,' you said, 'the sea is buoyant. Only your own fear drags you down. Keep your arms down, and let me lead you to safety!'"

"Can it be?" said Esmond, suddenly starting from his seat. "Nelly—Eleanor—the name is so different!"

"It can be, Mr. Drury," said Mamie, "and it is. The terrible thing that we dared not tell papa was, that we had been in dreadful danger of drowning, and this is the Nora whom you rescued."

"The Nora," said Esmond, half bewildered; "my Nora?"

"I call her Nora when I'm very serious—short for Eleanor," curtly replied Mamie.

"Sorry for the disappointment, Mr. Drury," said Nelly, smiling. "Your heroine of romance is not what your fancy painted her, but I cannot forego the right of expressing my gratitude, merely through a regard for a poetic fancy of yours."

"Fancy painted well, but reality has outdone her!" said Esmond, rapturously. "I am entranced, bewildered, overjoyed. Why, there was a dim notion of this in my sluggish brain last night, when I heard Mamie's cry of distress, 'Nora, dear Nora!' as I had heard it before."

As they walked together to the hotel, a coloured boy saluted them, and gave Esmond a telegram, which he read aside.

"Now, I claim the infallibility of the prophet of old," he said. "Your father brought back his losses last night. Read that." It read as follows:—



"ESMOND DRURY,

"West-end Hotel, Long Branch.

"Your master-stroke was a failure. N.A. has gone to 99½, and rising. Try again.

"H. J. DRURY."

The miniature stock exchange on the verandah of the hotel held another lively session that evening, and Sharpless and his fellow-conspirator were the nervous and excited bidders. But they were too late. The greater part of the stock had already been coined into the capacious pockets of the "corner" clique, and they failed to repair their losses.

Mr. Darcy, however, was ruddy with delight. He had covered all his losses in "N.A.," and had made a handsome margin on the rise. In his exuberance, he insisted on having Esmond dine with himself and his daughters at their especial table in the great dining-hall, and at this time his elation of spirits expended itself almost rudely upon Esmond.

"What do you think your father said when I went to settle with him on your sales?" said he, lying back in his chair to laugh.

"He said, I presume, that I had rather visionary notions of business."

"Well, he did say something like it," responded Darcy. "Says he: 'That boy of mine must have had some poetry in his head when he made that sale.' Then he laughed, and said is a meaning whisper, with a solemn shake of the head, says he, 'In fact, the boy's in love?'"

Here Mr. Darcy leaned back and laughed so jovially that everybody in the dining-room knew that he had lost nothing on North Atlantic.

"By-the-way," he said, abruptly, as the laugh subsided, "why the deuce did you sell at those figures?"

Esmond caught a glimpse of Nelly's face opposite as he raised his eyes to answer. She was looking at him with a half-wondering air, as if some dimly-defined thought were struggling for full recognition in her mind. As Esmond caught her eyes, they assumed the plain, unmistakable expression of questioning. They thrust the question plainly before him, and plainly demanded an answer.

"Why did you sell at those figures?" That was also Nelly Darcy's question.

"I suspect I was rather absent-minded," replied Esmond quietly, "and did have poetry on my mind. I had been thinking all the evening of my bathing adventure, and I thought I heard a cry of distress come up to me again, as it had come up from the sea before."

Mr. Darcy gave a little "M'm" in reply to this. "He's kind of poetic rhapsodising," he thought. "Enjoys it, no doubt," and he exchanged an assenting nod with the young gentleman. But Esmond saw in the still wondering yet believing eyes of Nelly Darcy, opposite, that she understood it all and thanked him, and that was enough.

## MODERN FEEDING.

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WHEN we consider what an incongruous amount of stuff is taken into the stomach at a modern luxurious dinner, we ought not to be surprised that this organ is frequently the seat of severe trouble. Soup, fish, flesh, oil, vinegar, pastry, confectionery, ice cream, nuts, fruits, vegetables, wines, and numberless other minor ingredients, of conflicting chemical qualities, are among the materials "thrown in." Stir these things all up in a vessel together, and who of us would not sicken at the appearance and odour? Yet at a modern dinner it is a common thing to have all these heterogeneous substances crammed into the human stomach, there to ferment and generate those vicious and pernicious gases that cause disease. Truly, "Man is fearfully and wonderfully made;" no other creature could exist on such diet. It would kill a gorilla in a month. It does kill, although more slowly, thousands of that high and mighty variety of the human race called "gentlemen." Violent exercise after eating, large draughts of cold water when the body is heated, and the habit of constant stuffing will, after a time, cause chronic inflammation of the stomach.

## HEALTHY AND COMFORTABLE HOMES.

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DINING ROOM (continued from page 219.)

A LARGE room will bear dark, rich furnishings, while a smaller one requires lighter colouring and style; for the former, walnut, rosewood, or dark mahogany are in good taste, while oak and other lighter woods make the small room appear to better advantage. For the prevailing colour, crimson is particularly rich and warm-looking, though browns and greens are more commonly met with. Crimson is particularly pretty with oak furniture and walls of pale green. "Fallen leaf" shade is recommended by a good authority for dining-room paper, particularly if the pictures are in gilded frames. But the tint is only to be distinguished from white by laying a sheet of white paper on it. It is further advised, for those who can afford it, "that the woodwork of the room so papered should be of dark oak or black walnut; and just under the cornice, and two inches from the woodwork, should be a fine ribbon-like line, cut of paper of a pure and primary red, about one-sixth of an inch in width. The corners may be enriched by giving to the lines some curving knot or rectangular fret; a little ingenuity and a sharp pair of scissors will produce them as fast as wanted."

A simple and comparatively inexpensive mantel-piece, designed for a moderate house, may be made of ash, with very little ornamental carving, and consists of a plain back, into which is fitted a moderate-sized mirror with a row of tiles above, and between the tiles and mantel-shelf, on either side, four small compartments, divided by shelves for holding pieces of china. There are slight touches of crimson about the woodwork, and the pilasters are filled with well-painted stork tiles on a dull green ground, and above the mirror are a few flower-tiles upon the same ground. These give light and life, and, with some pieces of china or brass, encourage a spirit of cheerfulness which we so grievously need.

If structures like these are quite out of the question, the ordinary marble mantle-shelf will be much improved by a covering of maroon leather, or velvet, finished with fringe. These coverings, when well made, and harmonising with the rest of the furniture, are extremely ornamental; and foundations of satin, felt, or cloth will also be found suitable. To make the cover fit smoothly, a board is cut the exact size of the mantel-piece, and an under-covering of cambric muslin is fitted carefully over it. The embroidery is put on the curtain, or lambrequin, which is usually made quite straight and without fullness. For a rich material, heavy fringe is sufficient ornament; while crewel or cretonne embroidery is very handsome on the last-mentioned fabrics, and affords scope for the exercise of artistic taste. It is a pity, however, to make it so elaborate as to involve months of labour; for, after all, a mantel-cover, or any one piece of work, is only part of a whole, and should be treated accordingly. Any one article in a room that is obtrusively elaborate breaks all the laws of proportion.

At the sides of the fireplace tiles, painted on a pale pink and green ground, are a bright and suitable ornamentation. A skilful amateur could do this herself, and the numerous representations of mediæval dining-tables and customs would furnish appropriate subjects. If tiles are impossible, small wooden panels, painted a dead white, and ornamented with transferred French pictures, the whole highly varnished, and set in narrow maroon-coloured frames or borders, will produce the desired effect. A legend across the front, in old English lettering, is very appropriate for a dining-room mantel, the groundwork being of the same colour as that of the tiles or panels, and the letters either in black and gold or maroon and vermilion.

When an open fire cannot be had, and the fireplace is only a mockery, a screen of living ivy placed before it is the next best thing to flaming wood and glowing coals. The beautiful polished leaves, when they are kept free from dust, are highly ornamental, and there is always a certain degree of cheerfulness about anything that is actually living and growing. A stand of

fragrant hyacinths in season adds much to the attraction of the room, and, if the apartment is not to be strictly kept for the one purpose, vines and other plants are as ornamental here as elsewhere.

A dining-room should be not only cheerful-looking but handsome, and the most important article of furniture in it, and the one best calculated to strike the eye on entering, is the sideboard—not only on account of its own intrinsic merit, but because it permits the display of many beautiful and ornamental things to good advantage. Silver, glass ware, and china sparkle and glow from its capacious shelves, gaining new beauty from the rich background of walnut or oak, and turning the rays of sunlight or firelight into all the colours of the prism.

It is not pleasant, however, to see a dining-room all sideboard, and some rooms are too small for any sideboard at all. A moderate-sized table and some corner shelves will then answer the purpose better.

The buffet of the thirteenth and fourteenth centuries was quite a different affair from the modern article of that name, being much smaller in its infancy, and used only as a receptacle for costly cups and vases and pieces of goldsmiths' work. This chest—for it was scarcely more—was quite destitute of ornament; but, as splendour came by degrees the order of the day, the buffet was richly carved and adorned with quaint devices of ironwork in the locks and hinges. It grew in size, too, and finally it had a back and a dais, and soon became a stately sideboard. Another form of the buffet was an elaborate sort of tray for the setting forth of viands at great entertainments, and to "offer a buffet" was a presentation of refreshments, with a grand display of plate and other valuables, to a sovereign or other great personage upon his entrance into a city.

For some time past, until quite recently, the sideboard most affected was of veneered wood, with glued-on ornaments of dead game—supposed to be particularly appropriate for the dining-room—and furnished with a marble slab for the convenient breakage of fragile glass and china. "Bent and curved into every form but that which would show sound construction and harmonious lines," writes a zealous reformer, "the modern sideboard is one of the most melancholy instances of wasted energy which the upholsterer's ingenuity can devise." The sideboard of fifty or a hundred years ago, so rarely seen, with its richly-hued old mahogany, and deep, narrow side-drawers, that seemed to reach back into the farthest recesses, and diffused an aroma, when opened, of foreign wines and sweetmeats, was more attractive in its plainness, and perhaps positive ugliness, because of its better fitness to the use for which it was intended.

Within a few years a much improved sideboard has come into vogue—one style being a modified Eastlake buffet of moderate dimensions, and made of solid wood, with no veneering or glue. The metal hinges and drawer-rings are a delight to the eye, while the preposterous marble slab is replaced by richly-coloured oiled wood. A sideboard like this, the platform covered with some kind of Oriental stuff or appliqué work, heavily fringed at each end, and the shelves above with crimson or maroon leather, makes a handsome piece of dining-room furniture, and displays china and silver to great advantage.

Of course, we are presuming that the owner of the newly-furnished house can afford these luxuries.

The dining-room is the proper sphere for those uncomfortable-looking plates that are sometimes strung up on parlour walls, like so many culprits, to be hung by the neck until they are dead; and for the stray cups and saucers—very pretty, to be sure, and sometimes valuable, but which do not seem at all at home as parlour ornaments—while the dining-room sideboard really needs. A very small sideboard for a room of small size will do well; but it should be simple, and without much decoration. About 3 ft. wide, and the same distance from the floor to the table slab, will suffice. It can be very conveniently arranged, with two cupboard doors and two drawers, and a top with shelves for glass and china. Sideboards as small as this can be found in some shops very cheap.



People with moderate purses, who enjoy rare things, and, by a kind of happy intuition, know them when they see them, if quite free from any prejudice against second-hand furniture, can sometimes pick up treasures that are also bargains. It is not quite so easy to do this, now that everyone's eyes are opened to the advantages of having had great-grandfathers, and the terms "unique" and "high art" have become household words; when the little second-hand furniture dealer's humble shop in a crowded street, where one could always be sure of finding a bargain, has blossomed out into a grand shop, filled with antiques and supercilious clerks, with fabulous prices for the simplest articles, and a grand air of being quite too good for human nature's daily food. But, as the old copybooks say, "Patience and perseverance accomplish all things;" and a great many things in the way of furniture seem to come to those who wait for them.

If their stock of china ornamentation is limited, they may be able to press some common Chinese preserve-jars into the service. These receptacles for ginger, that are decidedly squat in appearance and pale blue in colouring, can be made quite effective by anyone of an artistic turn by painting in bright colours a Chinese figure or flowers over the blue. The smaller jars are preferable for this purpose, and when nicely done, and placed on a small lacquered tray, the effect is decidedly Oriental. Those who cannot paint will find that the crape-paper pictures produce a very similar result.

The dining-room table is an essential, but, as it can be covered, it is not so very formidable an object after all. A very serviceable one can be bought for from 30s. to £2, and should suit the size of the dining-room instead of monopolising nearly the whole floor, as is too often the case. Strength, at all events in appearance, is essential to a dining-table.

An extension table can very often be found for a pound or two, according to length and quality. Oak and mahogany are considered the most durable for a dining-table; but walnut is not to be despised, and even shellacked pine will answer the purpose where economy is an object, as the material of the table is the thing least noticed in a dining-room. What is placed on it is of far more importance, both in the way of appointments and of vanden.

From six to nine, ten, or a dozen chairs, according to the size of the room and the family, will be required alike; and these may be inexpensive ones, to match the other wood, with cane or leather ones, square in shape, and ornamented with brass-headed nails. High-backed chairs, with their look of protection and support, are particularly appropriate here, and coverings of maroon will harmonise best with the other furnishings of our imaginary apartment. Those who are fortunate enough to own a set of the broad, old-fashioned, upright chairs of a century ago can utilise them here to great advantage by having them leather-covered and finished with gilt nails and fringe, or with the nails alone. These chairs are more easily "picked up" than most other articles of ancient furniture. A large arm-chair on each side of the fire-place, deep-seated and substantial-looking, is highly suggestive of comfort and the morning papers.

A lounge to match the chairs is a pleasant addition to the furniture of the dining-room. It should not, however, be fluffy or billowy in shape, but rather of a classic and severe expression. Some finishing touches are well described in the words: "In one corner is seen a tall, handsome clock; in another a few old china or delft plates; over the sideboard is hung a brass dish; on one side of the mantel-piece a bracketed shelf for a few pots or books."

(To be Continued.)

A WRITER says that a woman is a silent power in the land. To this a cynical old bachelor editor responds: "That will be news to thousands of husbands."

"Is your son studying the languages?" inquired the visitor of Mrs. Bentley, whose son George is at college. "Oh, yes," Mrs. Bentley replied. "It was only yesterday that he writ home for money to buy a German student lamp and a French clock."

## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

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#### OCCUPATION OF WOMAN.

YOUNG ladies would greatly decrease family expenses if they could be induced to give half the time to important and very necessary plain sewing that is now devoted to fancy work. The latter work is pleasant and ornamental, and, if no important house duty is neglected, not at all objectionable.

But one naturally asks how many pounds a year a young lady could save by doing all her plain sewing, instead of fancy work, and experience no injury thereby. Half the time and eyesight used over embroidery and elaborate imitation of grotesque Chinese work should ensure a large assortment of indispensable garments. If we could not have both, we should be sure that all our under-garments were neatly made and daintily trimmed, even if to secure this we were obliged to have dresses and wraps substantially but not elaborately made. We could easily dispense with ruffles, flounces, or plaiting for the purpose of adding to the elegance of the under-wear.

When young girls have become expert in cutting and making every description of under-clothing, it is then desirable that they try some experiments in making over or remodelling their own dresses. Let them begin upon some worn article of little value, which will be no great loss if the first attempt prove a failure. A few trials will make it less difficult, and after a few more the work will become easy, if not agreeable.

We knew a young girl, naturally observing, who when dressmaking was done in the family, by carefully noticing the way the dressmaker measured, fitted, cut, and basted, began to think it not a bad idea to attempt to make her own dresses. She made some mistakes at first, but was not discouraged, and very soon became quite expert. She had no thought of ever attempting dressmaking for others.

But time came, and wrought changes by which it became important that she should seek more remunerative employment than she was then engaged in, so that she might better minister to the necessities of those dependent on her; and she bethought her that through the influence of friends she might turn what she had gained by observation to some profit. At first she went into a few families simply to assist their regular dressmaker. Little by little she gained the confidence of those who noticed her great aptness for this occupation, and was often employed to fit and make children's clothes.

From that she soon advanced another step, and went into a fashionable dressmaker's establishment to work as an assistant. In less than two years she took a house, secured the most fastidious customers, and thus built up a most remunerative business.

Why have we told this? Because, as riches sometimes take to themselves wings and fly away abruptly, we think it might be wise for those who now "dress in rich attire and silver to spare" to amuse themselves in these days of prosperity with some useful employment now and then. If their prosperity is built on a rock, this knowledge will not do them any harm; but if the foundation is laid in the sand, then, when the storm comes upon them, and their wealth is swept away past recall, they can draw upon their knowledge and be able to secure at least the comforts of life, even if they may not regain their former abundance.

There are numerous manuals, guides, and handbooks on dressmaking; we ourselves purpose shortly to give a succinct guide to this art, which may serve both the beginner and the more experienced workwoman.

#### LATE HOURS.

It is often said, "Better wear out than rust out." Very well, if one were compelled to choose between the two. But what necessity

is there for doing either? The number of long-lived persons found in most of our towns would indicate that as a people we are hard to kill.

Still, many more people might live to a good old age than do so. Too little sleep is an evil injurious to old and young, and is, unfortunately, little noticed by the persons who should have carefully guarded the health of those under their influence. Persons who frequent places of fashionable amusement—parties, balls, theatres, and concerts—are invariably kept up late, and on reaching home are wakeful from the unnatural excitement, the miserable habit of late suppers, and the tea and coffee, if nothing stronger, that is provided. But though they seek the bed at most unseasonable hours, if they are people of business, and compelled to attend to household cares, they cannot afford to regain lost sleep by late rising; and if young, and with no cares that are imperious, a long sleep after the sun is up is not half so refreshing or healthful as if it was secured in the night—the natural time for sleep.

Some foolish king once said, "Six hours' sleep is enough for a man, seven for a woman, and eight hours for a fool." How many mothers with young children obtain seven hours of quiet sleep? She will often find that the youngsters have

"Chased sleep from her enthralled eyes"—

that sleep which, as the great poet says,

"Knits up the ravelled sleeve of care."

If by any chance they and many others could secure eight hours, they ought not to be charged with folly. The amount of sleep supposed to be necessary to secure good health and steady nerves depends upon the nature of the occupation through the day, but still more upon the constitution. Some people are so nervously active that they consider a few hours' rest sufficient; and even in sleep they find no respite from the daily care, but live it all over again in their dreams. If one expostulates with them for giving so few hours to rest and sleep, they will assure you they need no more, and that they are as fresh and bright in the early morning and through the day as they would be if they "wasted" double the time in bed. Such persons are sure to pay heavily in later years for the rest of which they have robbed their youth.

A sleep which is but a pretence—half sleeping, half waking—is indicative of some unnatural strain upon the nerves. A healthy, sound sleep, giving perfect rest to all the functions of the brain and the entire nervous system, will restore the vigour used up through a day of active mental or physical toil; and mind and body, thus refreshed and strengthened during the hours of darkness, will spring up elastic with the first blush of morning light, eager for renewed work, which, after such healthful sleep, becomes a pleasure.

Infants need all the sleep they can be induced to take. Sleeping and eating is all that can be expected of them. Their rapidly developing bodies demand this, and, if healthy, will secure it; and all the way up from infancy, through childhood, there is little fear of their sleeping too much. But when the body is fully matured, from seven to eight hours, according to the nature of the daily avocations, is a fair supply for good health, if taken at the proper hours for sleep, after the "Early to bed, early to rise" principle. There are exceptions to this rule, of course, occasionally, after some season of great excitement or exhaustion, such as cannot always be avoided.

Mental labour requires more sleep than physical labour; but from mature youth to past middle age more than eight hours in bed is debilitating. If some peculiar temperaments and some avocations require more than that amount of sleep, better take a half-hour, or even an hour, in the middle of the day. When old age draws near, more sleep will be required, of course.

As a general rule, if body and mind have full exercise during the day; if the supper be light, and the evening is spent in a happy, quiet, and sensible manner; if one retires to a well-ventilated chamber, and keeps it so through the night, a sound and healthy sleep will be the natural result almost as soon as the head touches the pillow. On the contrary, if the evenings are spent in work or amusements that require late hours, the same excite-



ment will follow one to bed, and fevered, fitful dreams will be the result, from which one rises more languid and weary than when retiring.

Dr. Kitchener, physician and authority on cookery, says eight hours' sleep are necessary; but this is generally left to the previous habits of the person. Those who take active exercise require adequate rest.

As Young says :—

"When tired with vain rotations of the day,  
Sleep winds us up for the succeeding dawn."

Valetudinarians who regularly retire to rest, and arise at certain hours, are unable, without injurious violence to their feelings, to resist the inclination to do so :—

"Plant nature more or less demands,  
As Custom forms her; and all sudden change  
She hates, of habit, even from bad to good.  
If faults in life, or new emergencies  
From Habits\* urge you by long time confirmed,  
Slow must the change arrive, and stage by stage,  
Slow as the stealing progress of the year."  
—"Armstrong's Art of Preserving Health."

How important it is, then, to cultivate good and convenient habits. Custom will soon render the most rigid rules not only easy but agreeable :—

"The Strong by bad habits grow weaker, we know;  
And by good ones the Weak will grow stronger also."

The debilitated require much more rest than the robust. Nothing is so restorative to the nerves as sleep, which is the chief source of both bodily and mental strength. The studious need a full portion of sleep, which seems to be as necessary nutriment to the brain as food is to the stomach.

Our strength and spirits are infinitely more exhausted by the exercise of our mental than by the labour of our corporeal faculties. Let anyone try the effect of intense application for a few hours; he will soon find how much the body is fatigued thereby, although he has not stirred from the chair he sat on.

Those who are candidates for health must be as circumspect in the task they set their mind as in the exercise they give their body.

Of the two ways of fertilising the brain—by sleep or by spirituous stimulus (for some write best in the morning, others when wound up with wine, after dinner or supper)—the former is much less expensive, and less injurious to the constitution than either port or brandy, whose aid it is said that some of our best authors have been indebted to for their most brilliant productions.

To rest a whole day, under great fatigue of either mind or body, is occasionally extremely beneficial. It is impossible to regulate sleep by the hour; when the mind and body have received all the refreshment which sleep can give, people cannot lie in bed, and until then they should not rise. A celebrated physician says: "It is perfect barbarism to awake anyone when sleep, that 'balm of hurt minds,' is exerting its benign influence, and the worn body is receiving its most cheering restorative."

"Preach not me your musty rules,  
Ye drones that mumble in idle cell;  
The Heart is wiser than the Schools,  
And Senses always reason well."

(To be Continued.)

THE most ignorant person knows that proper care of the skin is indispensably necessary to the well-being of a horse. A groom will often deny himself rest to curry his horses sufficiently. It is, therefore, wonderful that the enlightened people of these days neglect the care of their own skin so much, that I think I may without exaggeration assert that, among the greater part of men, the pores of the skin are half closed and unfit for use.—*Hafeland.*

PEOPLE in years should never give way to a remission of exercise. They generally require a considerable portion, but it should be of a temperate description, and such as does not occasion much fatigue; unless their habit of body be too full, when, in order to diminish its bulk, the exercise should be brisker.

\* Nothing is a greater enemy to feeble life than laying aside old habits, or leaving a climate or place to which one has been long accustomed. The irritation occasioned by such changes is highly prejudicial. Even pernicious habits, insubstantial air, &c., must be abandoned with great caution, or we shall thereby hasten the end of our patient.—"Struve's Asthenology."

## PRaise—A POWER FOR GOOD.

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It is somewhat strange that men, with all their love of influence, and often with a real desire to do good, should be so neglectful of that most efficacious instrument, *praise*. Whether the effort be to gain the respect and affection of others, to mould their desires, to guide their will, to cure their faults, or to strengthen their good qualities, almost every other means is preferred to that of commendation. Argument, advice, admonition, warning, and especially rebuke, are all liberally poured forth, but words of approval and esteem are carefully withheld, or grudgingly doled forth, as if there were some hidden danger lurking within them.

Perhaps one cause for this reticence may be found in the contempt which all honest people entertain for flattery, especially when used as a lure to gain certain ends. Nothing can be much more despicable than this, but it should never be confused with honest praise. One is truth, the other falsehood; one is sincerity, the other deceit; one is candid and generous appreciation, the other artful hypocrisy. The first and most important element of praise should ever be absolute truthfulness. Without this it is worse than useless, it is demoralising both to the giver and the receiver.

There is, however, in every one something truly deserving of commendation, and in most persons there is much. If men do not find it out, it is because they have so little penetration, or because they are so much more eager to discover faults and follies than excellences. All that they need is to turn the same lenient eye upon others that rests upon themselves, and abundant grounds for approval will be manifested. Few people realise the widely different effects produced by bringing into prominence the good or the bad points of a man's character. To do the former stimulates his powers, encourages him to make fresh efforts, inspires him with hope, and paves the way for the correction of faults. To do the latter depresses the nature, produces gloom, despondency, and fear, and actually weakens the very powers which are needed to battle with the wrong. Just as the wise physician, by building up the general system and establishing the healthful discharge of functions, does far more to eradicate disease than he could by any direct efforts upon the disease itself, so the cheerful encouragement of all that is good in the character of a man will be more effectual in restraining faults than any direct attack on the faults and errors themselves.

Besides this, in the one case, he who habitually censures, or criticises, or scolds may be feared, but cannot be loved, and the natural desire will be to escape from his influence. On the other hand, he who generously welcomes every merit and liberally acknowledges it, who gladly praises whatever he secretly approves, and lingers lovingly upon the good points of his friend or neighbour, sows seeds of affection in his heart and establishes a permanent influence over him.

There is one form of praise which is specially acceptable and even more beneficial, at times, than direct words of approval. It is that tacit trust and confidence in the honour or the good intentions of others which, while leaving them free to act, inspires a strong desire in them to deserve the trust reposed. No one who has tested the power of this confidence will ever undervalue it. The teacher in his school, the employer with his men, the parent in the family, will assuredly reap as they sow in this respect. If they are suspicious, ever watching for derelictions of duty and standing ready to detect and denounce them, they will find a plentiful crop. If, on the other hand, they take it for granted that those under their charge are truthful and honourable and, in the main, desirous of doing right, always treating opposite conduct as exceptions to the rule they will instil an earnest desire to prove worthy of the good opinion thus held. So strong a tendency is there in man to justify the opinion entertained of him that it frequently only needs continual repetition of any charge to make it really true! The child who is always suspected and accused of dishonesty may be provoked to be dishonest; he who is always taunted with being dull or awkward or selfish may soon be incapable of overcoming these

tendencies. If, on the other hand, he be respected and trusted, he will insensibly prove his just claim to those considerations, and the correction of his faults will be a comparatively easy task.

He who seeks for and emphasizes the good in others is not only blessing and improving them, but himself also. Envy is thus laid low; all the more amiable qualities are brought out; the habit of giving happiness is in itself a joy, and the manifest benefits thus conferred are fully shared by the giver. It seems a little thing to praise what we admire, to utter the pleasant things we feel, and to cherish a spirit of trustfulness; but could we only know how often failing energies are thus refreshed, despondency chased away, hope and enthusiasm inspired, and love and confidence established, we should hasten to embrace so simple, so delightful and so effectual a means of doing good.

## REMOVAL OF SPOTS, STAINS, &c., FROM WOVEN FABRICS.

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The following concise rules are extracted from a German journal :—

**MATTER ADHERING MECHANICALLY.**—Beating, bruising, and currents of water, either on the upper or under side.

**GUM, SUGAR, JELLY, &c.**—Simply washing with water at a hand heat.

**GREASE.**—White goods, wash with soap or alkaline lyes. Coloured cottons, wash with French chalk or fuller's earth, and dissolve away with benzine or ether.

**OIL COLOURS, VARNISH, AND RESINS.**—On white or coloured linens, cottons, or woollens use rectified oil of turpentine, alcohol lye, and their soap. On silks use benzine, ether, and mild soap, very cautiously.

**STEARINE.**—In all cases strong, pure alcohol.

**VEGETABLE COLOURS, FRUIT, RED WINE, AND RED INK.**—On white goods, sulphur fumes or chlorine water. Coloured cottons and woollens, wash with lukewarm soap lye or ammonia; silk the same, but more cautiously.

**ALIZARINE INKS.**—White goods, tartaric acid, the more concentrated the older are the spots. On coloured cottons and woollens, and on silks, dilute tartaric acid is applied cautiously.

**BLOOD AND ALBUMINOID MATTERS.**—Steeping in lukewarm water. If pepsin or the juice of *Carica papaya* can be procured, the spots are first softened with lukewarm water and then either of these substances are applied.

**IRON SPOTS AND BLACK INK.**—White goods, hot oxalic acid, dilute muriatic acid, with little fragments of tin. On fast-dyed cottons and woollens citric acid is cautiously and repeatedly applied. Silks, impossible.

**LIME AND ALKALIES.**—White goods, simple washing. Coloured cottons, woollens, and silks are moistened, and very dilute citric acid is applied with the finger-end.

**ACIDS, VINEGAR, SOUR WINE, MUST, SOUR FRUITS.**—White goods, simple washing, followed up by chlorine water if a fruit colour accompanies the acid. Coloured cottons, woollens, and silks are very carefully moistened with dilute ammonia with the finger-end. In case of delicate colours, it will be found preferable to make some prepared chalk into a thin paste, with water, and apply it to the spots.

**TANNING FROM CHESTNUTS, GREEN WALNUTS, &c., OR LEATHER.**—White goods, hot chlorine water and concentrated tartaric acid. Coloured cottons, woollens, and silks, apply dilute chlorine water cautiously to the spot, washing it away, and re-applying it several times.

**TAR, CART-WHEEL GREASE, MIXTURES OF FAT, RESIN, AND ACETIC ACID.**—On white goods, soap, and oil of turpentine, alternating with streams of water. Coloured cottons and woollens, rub in with lard, let it lie, soap, let lie again, and treat alternately with oil of turpentine and water. Silks the same, more carefully, using benzine instead of the oil of turpentine.

**SCORCHING.**—White goods, rub well with linen rags dipped in chlorine water. Coloured cottons, re-dye if possible, or in woollen raise a fresh surface. Silks, no remedy.





## BEES AND BEE-KEEPING.

—:O:—

(Continued from page 216.)

It should be remarked that, in general, operations on bees should be conducted in the middle of the day, when a great proportion are abroad, that being the time when it least annoys them and the safest to the operator, for the bees on their return home are not disposed to attack, only those issuing from the hive. As little noise should be made as possible; do all coolly, without hurried motions, which cause irritation and suspicion. Do not breathe on the bees, and be careful to kill none, or the smell of the body will exasperate them. Never employ a stranger, as it is well known there are persons they view with marked dislike. Mr. Taylor advises the operator to wear a light net called leno. It should be shaped like a bag to go over hat or cap, with sleeves tied at the wrists, and strings at the bottom to draw and fasten round the waist. The projection of the hat keeps it off the face. This and a thick pair of woollen gloves will suffice.

Still, under any circumstances, a sting may be received. Mr. Payne's advice is generally quoted. "I pull out the sting as soon as possible, and take a piece of iron and heat it, or, for want of that, a live coal (if of wood, the better, because it lasts longer), and hold as near to the place as I can possibly endure it for five minutes. If from this application a painful sensation should be occasioned, a little oil of turpentine or Goulard cerate must be applied."

Another remedy is recommended—the immediate application of liquor potassæ to the spot, to neutralise the acid of the sting. The quantity should be small, and introduced into the wound on the point of a needle. Pure liquid ammonia is also recommended, but the great secret is immediate attention. Again, it is advisable to press the hollow of a key, after the extraction of the sting, on that part; to damp it with saliva, with tobacco water, and even a cottager's blue bag are variously recommended.

It is mildly suggested that no resistance should be made, but that the attacked party should walk away and thrust his head into the nearest bush. As to their smell, it is, as we have said, most acute, and they equally object to "a sweaty horse or a highly-perfumed dandy." When their stores are taken, or if disturbed at night, or if watched from a distance, the offenders become particularly obnoxious.

Of course, the management of the bee differs with the seasons. The question often arises as to when to commence operations. The earlier in the summer the better it is. Mr. Golding says: When swarms are brought from a distance, it should be on the day they are hived, and in a cloth of coarse texture tied round the bottom of the hive to keep them in and prevent their escape. The corners should be tied over the top of the hive, and, if carried by hand, it may be removed miles. But if the distance is great an inverted skep is suggested, turning the hive in the direction in which the combs run.

A new colony should be populous at first, but if an additional swarm has to be added wait a few days. Should the weather be fine all will go well, but if it is bad feeding must be resorted to, or starvation will ensue. Under any circumstances apiarians advise giving them honey or syrup of sugar and water. On leaving the parent hive they carry with them a good deal of honey to enable them to commence at once the work of comb building in the new dwelling, and this they commence as soon as they have hived.

There are two methods of stocking a hive—by swarms purchased in early summer, or by stock-hives bought at the close or beginning of the year. The former, as being the cheapest, will ever be the favourite method resorted to by people of moderate means. To be worth anything the swarm must always be the first or prime swarm, should not weigh less than

four pounds; and it should issue from the parent hive not later than the 7th or 8th of June; for every week after that date eighteen pence or half-a-crown, according to the price current, must be deducted from its value. After the 21st June it is not worth five shillings, unless the season should be very fine and the swarm very large. The most valuable swarms are, perhaps, those which issue early in the fortnight previous to the 7th of that month; but, of course, much will depend upon the season, for should it be late and unpropitious a swarm of this date will be more valuable than one which issued on the 25th May, while in some forward years a most profitable swarm will be thrown a fortnight earlier than this.

The age of the queen should, if possible, be obtained, and young mothers selected. The best stock are accounted those from two-year old stocks that sent out a swarm the previous year, as then they have young and vigorous queens, and the parent hive is likely to be healthy and prolific. A swarm from a very old stock, although it may have a young queen, is carefully to be rejected.

Still, many writers prefer the purchase of a stock hive in the autumn or spring, especially the latter—that is, March or April. Independently, however, of the larger sum asked for stocks that have survived a winter, they are often difficult to be procured, as people are unwilling to diminish their stock of brood hives when the profitable season is so near at hand, thinned, as they not seldom are, by the casualties of winter. Yet if such hives can be bought, a good March or April purchased stock ought not to be overlooked, on account of the more speedy and large return which may be expected from it. Should it be found necessary, however, to commence with autumn-purchased hives, let two good stocks be transferred at once to the apiary, if it will hold them. This will give double chance of success, nor will the loss of one hive be felt so much the next spring if its fellow survives and thrives *ad libitum*.

Where the word of the bee merchant is at all to be depended on, let the age of every hive and queen in the apiary be first inquired into, and then proceed to the examination.

A prime swarm of the current year may generally be known by its abundant population, the completeness of its works, and especially by the pale brown or straw colour of its comb. The bees must be vigorous as well as strong in numbers; while they fill up well the interstices between the combs they must be on the alert and waspish, ready to resent any intrusion or attempted affront. On a fine day at either season they should play in and out of their hive with much activity, by far the greater proportion of them being seen to re-enter their hive with well-laden thighs. This is in itself almost decisive.

If a current-year swarm, the stock should not weigh less than 23 or 24 lb., exclusive of hive, at or soon after Michaelmas (Sept. 29). If bought about March, its contents should weigh at least 16 lbs.; a two-year old stock should weigh a pound or two more.

The first thing the bees do is to prepare their new dwelling for its normal objects, and while this is being done the entrance should be fully open. The curiously-made combs are of wax secreted by the bees, and for its formation they must have honey or other saccharine matter. It is estimated that it takes twenty pounds to make one pound of wax. "To see the wax pockets," observe Kirby and Spence, "you must press the abdomen so as to cause its distension, when you will find on each of the four intermediate ventral segments, separated by the carina or elevated central part, two trapeziform whitish pockets of a soft membranous texture. On these the laminae of wax are formed, in different states, more or less perceptible." "When combs are wanted," says Dr. Bevan, "bees fill their crops with honey, and retaining it in them, hung together in a cluster from the top of the hive, and remain in a state of apparently profound inactivity about twenty-four hours. During this time the wax is secreted, and may be seen in laminae, under the abdomen, whence it is removed by the hind leg of the bee, and transferred to the fore legs; from them it is taken by the jaws, and after being masticated the fabrication of the comb commences. The rapidity with which it is carried out is prodigious. Von Berlesch

speaks of four hundred square inches in a single night.

The smaller breeding cells come first, then the honey stores, then those of the drones. A few words from Shirley Hibberd will interest the reader:—"The combs are arranged in vertical and parallel plates. They work at them rapidly in turns. The architects proper are soon at their finishing work. 'They have,' says Redamer: 'to solve this geometrical problem, a quantity of wax being given, to form of it similar and equal cells, of a determinate capacity, but of the largest size in proportion to the matter employed, and disposed in such a manner as to occupy the least possible space in the hive.'" The bees solve this by making hexagonal and six-sided cells. To fasten the comb the bee employs a substance called pre-polis.

The next process is to make the honey. We already know where they get the materials. As soon as it is collected it is worked into the cells, which are then closed.

Mr. Taylor, in the "Bee-keepers' Manual," declares the idea that honey undergoes some chemical change by passing through the stomach of the bee is erroneous. This opinion has never been confirmed by any eminent authorities. At certain dry periods the bees require (in breeding time, always) a supply of water. A shallow vessel may be filled to the brim, with a thin piece of perforated wood floating on the top.

The enemies of the bee are hornets and wasps. They will attack them at dark; and if the small wax moth gets inside the hive and lays eggs he may cause the destruction of the colony. There is no remedy except driving the bees into another hive. To stop the invasion of these troublesome foes it is desirable for an hour or two in the evening to close the entrance, by gauze or wire grating until dark.

Poultry will feed on them if they fall from fatigue. The blue tom-tit will in summer eat them himself and feed his young with them, and will try and enter the hive. Guard against rats and mice, while toads will lay in wait to catch falling laggards.

Where wasps abound and cannot be destroyed, the entrance to the hive must be contracted. Barley sugar placed across the hole will attract a force of bees too strong for the wasps to assail.

When the hive is pretty full, safer hives should be put on the top, and as fast as they are filled, removed. In good seasons the first super is filled in time to put a triplet on. Supers may be of glass or straw. Straw hives should have an annual coat of paint.

Removing crownboard and frames should only be done when the weather is warm enough for bees to fly.

The month of August is generally considered the bee harvest time, but stocks are often ready for deprivation earlier, in May, and so on throughout July, the earlier being usually the best. Dr. Bevan remarks—as a rule no honey should be taken from a colony the first season, though occasionally an extraordinary season may justify departure from the rule.

Mid-day is recommended for the removal of a box or glass of honey. Entire smoke is the chief requisite. There can be no fixed rule as to the quantity of honey to be taken from a hive in any one year. Payne's experience is that from every very good stock twenty, or perhaps thirty pounds of honey may be taken annually. The honey should be extracted from the combs as soon as possible, as it thickens rapidly. Either a sharp knife should be used to slice the combs, or, if expense is no object, honey extracted. As rapidly as possible the honey should be stored, and tied down with bladders.

The next important autumnal question is the population of a colony. It should be as large as the hive will contain. The principal thing to be attended to is having a prolific queen, and breeding carried on to the latest date they can be induced. Sometimes the queen bee will cease to lay in August, when another queen bee must be procured. It may not be inopportune here to mention that the great laying takes place in April and May, and varies from a thousand to fifteen hundred, and even three thousand a day. Von Berlesch says he had a queen which he observed to lay six eggs in a given minute, 3621 in twenty-four hours,



57,000 in twenty days, and, to keep on for the five years of her life, at the rate of at least 300,000 a year. Drierzen declares that a superior queen bee will lay over a million of eggs in four years.

(To be Continued.)



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(Continued from page 217.)

THE seed of plants sown in the conservatory in March begin to sprout; they should be gradually accustomed to the air in the sunny part of the day. They should also be slightly watered with a very fine-holed syringe. In temperate conservatories the fire may now be let out, except during some very cold nights, care being taken to shelter against cold draughts, draft rhododendrons, azaleas, and other rustic plants. During the last week you may take pelargoniums, which, however, sheltered or placed in frames. You will thus make room for those which flower first, and which must often be turned and exposed on every side to the light, so that their vegetation may be regular. See to the drainage of large plants which have not been re-potted, and which are in flower or about to be. They require frequent watering, but water at the bottom, if allowed to collect, will be fatal. In general all these plants in temperate conservatories may be watered with a syringe two or three times a week at the least; but be careful the temperature is suitable—that is, it must be done when the air is not too hard, and principally in the morning. Give them air for an hour after the operation. Examine carefully all plants on shelves, which often want water, though the earth may appear superficially damp.

Young shoots of ligneous plants in temperate hot-houses should be kept damp and ten degrees above freezing point. The plants must be cleansed and washed; if insects show themselves fumigate with tobacco, principally in the evening when the leaves are dry. Close the spot where the operation takes place. Next day syringe the plant to make the dead insects which may have clung to the plant fall. The conservatory should be shaded when the sun is bright between eleven and three. Carefully examine all creeping plants, and suppress the buds and shoots which might mar the harmony of their vegetation. Examine them carefully to see that they are not attacked by the red spider, and destroy every sign of this insect. Rhododendrons may be grafted, as also magnolias, camellias, azaleas, &c. Roses may also be grafted in the open air. Re-pot the young shoots of rose trees which came up the year before, and which have been kept in frames. Towards the end of the month they may be taken into the open air.

In the hot-house warm moderately, lighting a fire only at night and early in the morning, putting it out at eight if the temperature allows. On fine days shade during the middle of the day from ten till three, according to the exposition of the hot-house. On warm days allow the air to enter, but only during two or three of the warmest hours. Towards the end of the month the watering should be increased and the fires only lighted in the morning, for no matter what the state of the exterior atmosphere excess of heat during the night must be avoided. Look sharply after draughts, which may prove injurious to the vegetation of young shoots, which otherwise may be utterly destroyed. Finish the potting of all large plants which are rather straitened for room, or of which the soil is worn and which are just vegetating. Water them with a syringe occasionally.

It is still not too late to re-pot orchids where it is required. Water them carefully, and take care not to wet the young shoots too much, as they are very delicate. Be careful that plants in baskets and upon shelves are kept damp.

#### THE KITCHEN GARDEN.

Sowing in open ground is done in many ways—by throwing the seed broadcast in furrows or

in clusters. Which ever means is adopted, the earth must be prepared by one or two diggings with the spade, and be manured according to the needs of the plants. Before the sowing break up the soil with a pitchfork, and rake the surface smooth, which is the more needed the more light and porous it is. If you sow broadcast, it is thrown by the hand as evenly as possible, and more or less close set as the sowing is to be thick or sparse. To sow in furrows, trace a number of parallel furrows, more or less far apart in reference to the size of the plants. The seed must be put into these trenches at depths varying from one to two inches. To sow in clusters make at intervals in a line, or otherwise, holes with a hoe, into which throw three or four seeds. The depth should be from two to three inches.

The earth when seed is sown broadcast may be lightly turned with a pitchfork and then raked; in the case of furrows rake in a little of the earth and fill in after. It is very useful after sowing to throw over all a thin layer of mould, watering it after more or less according to the state of the atmosphere, and the necessities of the plant. The smaller the seed the less it should be covered or be sown deeply, as they will in this case come up slowly or not at all. All fine seeds, like celery and others of the same nature are sufficiently covered by being sown broadcast; large ones, like lettuces and chicory, require about the eighth of an inch, turnips a little more, cabbages, radishes about double, peas, beetroot, maize still a little more, while beans should be covered up about an inch.

In spring and in summer all plants of the cruciferous order, such as cabbages, radishes, turnips, cresses, should be sown under shades, as also spinach, and others. To effect this a little straw should be thrown over them. It is not necessary here to go into the collection of seed, as in small gardens there is no space for the purpose. It is much better to go to a good seed merchant who makes a speciality of this sort of thing.

It often happens that the seeds do not succeed; it is not always their inferior quality which is the cause of this. Bad weather, cold rains, too hot a sun, insects, which devour the seeds or their shoots, an ill-prepared soil, an unfavourable aspect, a late sowing, fault of stratification, are so many circumstances very much against success, and should therefore be avoided.

In the case of sowing broadcast, the ground will almost always have to be thinned. This is above all necessary with roots such as carrots, parsnips; despite covering them with mould, and occasionally with straw, the earth must be weeded and watered. Raking is also useful. There are some plants which require to be earthed up, some that their products may be protected, like the potato, others to whiten the leaves, like celery, chicory, &c. With celery and such like plants, it is wise, if much has to be blanched, to prepare towards the end of May trenches for blanching. The soil at the bottom of the trench must be carefully dug and manured, and a single row of plants placed in each trench. Sometimes when a large quantity is required, the trenches are made six feet wide, and rows fifteen or eighteen inches deep are planted across the trenches. As the plants advance in growth, earth is laid up about the stalks of the leaves, and this is repeated at the end of every ten or fifteen days. Many delay the earthing up until the plants have attained their full size, when the operation is performed at once; but it is better to begin the earthing up when the crop is about half grown, and to complete it by adding a little more soil at short intervals. Successional crops should be planted out from 1st June to 1st August.

Some vegetables are tied together at the top to make them whiten, such as chicory, lettuces, endive, kidney beans, peas, nasturtiums, must be staked. These sticks are a kind of support which are stuck in the ground to support their flexible stalks. These vegetables save expense in sticks if sown in clusters. It is as well in the case of peas and beans to pinch off the top-most part of the stick. It strengthens the produce.

Sowing in a shelving bed means to sowing in beds near a wall, as much as possible facing south, the earth being slightly sloping. It is in this position that it is wise to sow in

February many seeds which would not come up in beds placed in mid-garden.

(To be Continued.)



#### WARBLERS.—(Continued.)

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##### CRESTED TIT.

*Parus Cristatus.* Linn. *Mesange Huppée.* Buff.

This bird is about the size of the marsh tit. The crested, which is hardly so numerous as the species already mentioned, frequents woods of coniferous trees, and seems to prefer spots where the juniper berry abounds. It is a shy bird, concealing itself deep in the underwood. In confinement it may be treated like the tomtit, though a much more delicate bird, and far less easy to tame. Its food is the same as that of the oxeye, or greater titmouse, in a wild state. It soon gets used to the food of the aviary, if kept for a few days on ants' eggs and mealworms. Like the oxeye it builds its nest in hollow trees, between stones, or in the deserted habitations of other and larger birds. The female lays from six to ten snowy white eggs, marked with numerous indistinct blood-coloured spots. The young birds, if taken from their nests, may be reared on chopped mealworms and ants' eggs; but the best plan is to take the old ones with their brood, which, if supplied with ants' eggs, they will continue to feed and tend.

But very few specimens of these birds have been obtained in Great Britain, and these only in the northern parts. Colonel Montague, in his "Ornithological Dictionary," says—"It is not uncommon in the large trails of pines in the north of Scotland, particularly in the forest of Glenmour, the property of the Duke of Gordon." Sir William Jardine, in a note to "Selby's British Ornithology," states that it annually breeds in some plantations not far distant from Glasgow, and elsewhere states that he had received the nest of this species taken from some hollow tree, and that the inside lining was composed of the scales and cast-off exuvia of snakes. John Walcot, in the second volume of his "Synopsis of British Birds," and Dr. Latham in his "General Synopsis," also report that they have heard of the species being plentiful in some parts of Scotland. Macgillivray has never seen the bird alive, nor Madre, who says—"the title of this beautiful little bird to a place in the British fauna rests upon rather slender direct evidence—that of a single specimen received by Dr. Latham from the forest of Glenmour, in the eastern Grampians.

"The proper places," he then tells us, rather inconsistently, "to look for these birds are the natural pine forests, the juniper brakes, and the fir plantations in Scotland southward of the Moray Firth, on the border of the great glen of the lakes, and in Strathglass, between the river and Mam Sail; the last of which deserves more minute observation than it has hitherto met with, from its proximity to both seas, and the mildness of its climate as compared with the elevation of its surface—there being a rich sward on Mam Sail at a greater height than that at which all vegetation but lichens ceases on Ben Nevis, which is nearer the Atlantic, and further to the south; though the small lake in the northeast gorge of Mam Sail remains frozen to the bottom, even in the warmest summers, and the mountain is very copiously deluged with rain.

##### THE BEARDED TIT.

*Parus Biarmicus.* Linn. *Mesange Barbe ou Moustache.* Buff.

This very striking-looking bird is about the size of the ox-eye. The head is light grey, and beneath the eye is a conical tuft of black feathers, almost like a moustache, from which the bird derives its name. It is a native of Germany, and is found in the neighbourhood of lakes and marshes, and, indeed, wherever there is an abundance of reeds and rushes. It



is rarely seen in summer, at which season it retreats, in pairs, into the depths of the morasses, but in winter it assembles in small flocks, which scour the open country in search of food. In confinement it may be allowed to range the room, or may be kept in a large cage. When first caught it should be fed on poppy seed, ants' eggs, and meal-worms; but it is afterwards content with crushed hemp seed and the usual food of the aviary.

The nest of the bearded tit is fixed among the reed stalks, is purse-shaped, and composed of green stalks and vegetable wool. It is remarkable for its beauty, elegance of form, and lively disposition. Some of its notes, in the song of the male, deserve to be compared with the tom-tit.

Dr. Leach says it was never a rare bird in this country, and yet, from the soft and almost inaccessible nature of the places which it mostly frequents, but little comparatively was known of its habits. A writer in "Loader's Magazine," a few years since, stated "that after a close search he had discovered a flock of eight or ten of these beautiful little creatures on the wing in a large piece of reeds, below Barking Creek, in Essex. They were just topping the reeds in their flight, and uttering in full chorus their sweetly musical note. It may be compared to the music of very small cymbals, is clear and ringing, though soft, and corresponds well with the delicacy and beauty of form and colour of the birds. Several flocks were seen during the morning. Their flight was short and low, only sufficient to clear the reeds, on the seedy tops of which they alight to feed, hanging, like most of their tribe, with the head or back downwards. If disturbed they immediately descend by running, or rather by dropping. The movement is rapid along the stalk to the bottom, where they creep and fit, perfectly concealed from view by the closeness of the covert and the resembling tints of their plumage."

Macgillivray calls this bird the Bearded Pin-nock; he says it is also known as the Least Butcher Bird. Mudie says it ought to be called the Bearded Reed Bird. "It inhabits," he says, "the marshy zone of country which extends from the great salt lakes of Asia and considerable way up the valley of the Danube, and again in Holland; in all of which places it is a resident bird, feeding on insects and molluscs among the reeds in summer, and upon the seeds of the aquatic plants in winter. It has the same command of itself upon a waving perch as the other tits and the bantings, but it is seldom seen except when the reeds are cut down, and then the family (which consists of six or eight besides the parent birds) flit onward before the reed-cutters, not taking high flights, but generally lurking huddled together when the cold weather sets in."

#### THE LONG-TAILED TIT.

This species (which, from the peculiar form of its nest, is called the "bottle tit" or "bottle tit," though these names are local, and have little truth of application) is the smallest but, at the same time, one of the most active and beautiful of the genus. The whole length of the bird is about five inches and a half, of which the tail occupies three, so that the body is really shorter than that of any British bird; but it is thick and firm in proportion to the length, and the weight is nearly equal to that of the coletit. They are tree birds, or, more strictly, bush birds, and keep so closely to their cover that they appear much less numerous than they really are.

This bird is not mentioned by Bechstein. With us it is a common species, and as capable of domestication as either of the other tits, and, moreover, an exceeding beautiful and interesting bird. Macgillivray makes it the only type (British) of a separate genus, which he calls *Meustura*, or Muffin.

According to Neville Wood, this species, unlike most of the other British tits, is entirely insectivorous, being never observed to feed on carrion. Dr. Liverpool says he often endeavoured to preserve this bird in confinement, but never succeeded.

END OF SINGING BIRDS.

(To be Continued.)

## MONEY MAKING FOR LADIES.

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Much in the sale of fancy work depends upon the place and the season as much as upon the workmanship. In some quaint sea-shore places shell work, which in cities is thought too antiquated to be worthy of notice, is largely in demand; and in one sandy retreat in Wales known to fame a maiden lady partly supports herself by her "shell pieces." These are composed of small shells and some cheap fragments of coral, dotted over a mass of seaweed that issues from a diminutive basket, or rather from the flat half of it, all of which is glued on a foundation of cardboard ready for the frame, which is added by the purchaser.

Almost any small article for which there is a demand—and especially one of which the manufacturer or the inventor also has the monopoly—will bring in better returns than a variety of articles of less decided popularity. One reason of this can probably be found in the fact that, when the powers are concentrated on the doing of one thing only, that thing is sure to be done exceptionally well.

Any invention that pleases children is an "Open, sesame!" to their parents' purses; and a quick-witted young lady has netted herself into quite a profitable business by making hammocks for dolls. These little hammocks are made both of silk and cotton, of pretty contrasting colours, and finished with dainty bows of ribbon where they are suspended. To have one's beloved Florence Arabella gently swaying to and fro (a miniature edition of sister Lil, who, with æsthetic attire and the last new novel, is doing the same in a shaded nook of the garden) in a hammock of her own is infinitely delicious to the juvenile mind; and it is easy to believe that such an article is in great demand. This young lady has private friends who take an interest in her, as well as an agent.

Some years ago a poor old woman, whose eyesight was exceptionally good, helped to support herself and a family of grand-children by making emery bags. She lived near an emery factory. As some of our readers may not exactly know what this is, we may premise that emery is one of the hardest metals known, used by lapidaries and jewellers to polish diamonds, &c. Mixed with glue or other adhesive substances, the powder is spread on wood, leather, paper, or cloth. This woman used to make wonderful productions. The strawberries, both white and red, with their clearly-defined green hulls, were wonderfully natural looking, some being made of flannel and some of velvet, and varying in price according to the material; and there was a ready sale for these little articles among the ladies who took an interest in the aged needlewoman. The materials, fortunately, cost her nothing—bits of flannel, velvet, and silk being furnished by the ladies themselves, while the emery, which was of the best quality, was a gift of the mills, of which there are several in England.

Some ladies knit and crochet with such dexterity that their work is much in demand; and though the shops pay but poorly for this kind of labour, private orders are often received through friends that make it worth the doing. A moderate income can be made very pleasantly by working with soft, bright wools, and making pretty articles in one's leisure hours. There is, however, no regular demand for this kind of manufactures, and such orders are usually the result of good fortune or influence.

"A penny saved is a penny gained," says the old proverb. Dressmaking and millinery, which, if such a term is allowable, may be called fancy plain sewing, are particularly satisfactory in these results.

There is a very general belief that dressmakers and milliners are born, instead of being made; and this idea is verified by the ease with which some persons, without the least instruction, will take up the making of dresses and bonnets, and turn out work that would be creditable to those regularly apprenticed to the trade. When only put to home uses the gift is a most convenient one, and a saving both of trouble and money; for good dressmakers at reasonable prices are as rare as good servants, and good milliners equally so.

Economy, following out the text of the old adage, may be considered in the light of money-making; and that there is a great saving in the making of one's own dresses and bonnets is an

undisputed fact. Less material is required, things can be made to "do" in the way of linings and trimmings that would be most contemptuously regarded by the professional lady, and a delightful feeling of independence is attained by having one's dressmaker and milliner always at hand for repairs and alterations.

The convenience of this in travelling or while on a visit, can scarcely be exaggerated; and in packing things into a small compass, the lady who does her own millinery can indulge in three or four hats where her more helpless sister could allow herself but one. To effect this the hats are entirely stripped of trimming—the feathers, flowers, ribbons, &c., carefully laid in the tray or box prepared for them—while the denuded skeletons are placed one within the other, as at the hatters, and stowed with the smallest amount of attention and respect just where they will go conveniently.

It is an assured fact that one phase of the unpacking consists in reclothing these naked hats—a thing that is easily done with the help of a few pins, a twist or two, and a stitch here and there. Amateur milliners advocate the use of pins rather than needles; but professionals may not endorse the theory.

The dressmaker, too, can divest her handiwork of any trimming or drapery that might be injured by close packing, secure in the power of being able to restore each flounce and fold to its original place as soon as the time has come for the garment to emerge from its chrysalis state.

In a family of several daughters, even when there is a reasonable supply of money, an aptness for dressmaking and millinery is a gift to be cultivated. One paterfamilias offered his eldest daughter a new dress for every dress of similar value that she made satisfactorily for herself or for any other member of the family; and the young lady applied herself so diligently to the art that her wardrobe was the wonder and admiration of all her friends.

When it is a possible thing for a lady to acquire this useful knowledge, she should not hesitate to do so; and some good dressmakers and milliners are now willing to receive pupils in place of apprentices. If regular instruction is not available a good deal may be learned by taking an old dress or bonnet to pieces and see how it is put together; and this with the aid of the excellent patterns that are sold everywhere, would enable almost anyone to achieve a fair degree of success.

Any lady with some degree of taste in this branch of needlework could, if she liked, make it profitable in a moderate way among her friends, who will be glad enough to secure work worthy, perhaps, of a first-class *modiste*, for not more than half her charges. The workers, on the other hand, feel that they are well remunerated, and are thankful to obtain new bonnets and dresses for themselves by fashioning those of their friends.

The millinery business is said to be extremely profitable; and two ladies desirous of obtaining money for a certain purpose were once engaged in it for a year in a somewhat novel way. One partner had all the artistic tastes and made the bonnets, which were charming; the other was of a practical, business turn, and attended to the purchases and the account keeping. A room was hired in a desirable locality, and a trustworthy saleswoman placed in it, while the real proprietors were never suspected to be connected with the establishment at all. *They only recommended it.* These enterprising ladies realised a handsome profit, and retired at the end of a year with their purpose fully accomplished.

A milliner in a country village is sure to become well to do at least; and one with taste and knowledge of business might do much better than this. Any lady might arrange with one of these. Quick powers of observation are necessary to success, as well as the ability to originate styles, and to combine and arrange trimmings effectively. A man milliner once complained that he walked out on the public thoroughfare for the express purpose of studying the different styles, but that none of the women he employed as assistants never did so.

Some persons almost at a single glance make novelty their own, and these are born milliners and dressmakers. Other can gaze for a few moments in a window, and then come home and cut their own patterns, giving just the right look to every part. Such women need never be in



want—they carry a fortune in their quick eyes and nimble fingers.

The branch of needlework known as mending is often sadly neglected; and the exquisitely-regular back and forth darning of a past generation usually excites comments on the "waste" of the time bestowed upon it. Some things are worth mending and others are not; but as a general rule, if a thing is worth mending at all, it is worth mending well.

To understand mending well is a great aid to economy; and the patch put on by a thread, and sewed with almost invisible stitches, often saves a valuable garment without immediately affecting its appearance. To regard mending, however, in the light of a money-making industry is, we fear, too much of a startling novelty. Still, there can be no harm in taking a suggestion from an American daily paper:—

"It is somewhat singular that, among the many devices resorted to by women for the purpose of earning a livelihood, it has not yet dawned upon the consciousness of some enterprising females that general repair establishments could be made grand successes in cities. But where the thousands of young men who are away from their mothers, sisters, or aunts get their mending done is a mystery. That it is done by somebody there is no doubt; but if there were places where a shirt, a pair of stockings, drawers, pantaloons, or any other garment could be sent to be mended, with the assurance that it would be neatly and cheaply done, there would be no lack of patronage. Many families would avail themselves of such facilities, for there is no duty incumbent on the head of the house more generally distasteful than that of repairing clothing."

#### TEACHING.

Having considered the various branches which come under the heads of housekeeping and needlework, there now remains to be discussed the profession of teaching, as the last of the three legitimate occupations for ladies in what might be called the dark ages of women's work.

Teaching, in spite of its care and anxiety, and wearying, treadmill round of duties, has always been a popular employment with the uneducated—principally because it is one of the few means of money-making in which a lady may openly engage without compromising her social standing.

There are many who, without being able to give all their time to teaching, would gladly be so engaged for two or three days of the week, or two or three hours of each day; and "classes" and "lessons" have multiplied so of late years that a qualified instructor seldom experiences any difficulty in carrying out such a plan. In a large city there are often to be found fully-grown and even middle-aged people desirous of instruction, because of a lack of worldly advantages; and a lady with influential recommendations—and even without them, through some happy accident—can usually find occupation among this class for an hour or two of the day.

The price for such instruction varies, but is usually very liberal; and a well-worded advertisement in a daily journal will seldom fail to bring pupils to the would-be teachers. The pupils themselves sometimes advertise for teachers, and it is the custom to furnish good references on both sides.

A class in literature is a delightful employment for those who are qualified to engage in it, and one that is always well remunerated. In the cities such positions are apt to be filled to overflowing; but in small towns and country places opportunities of this kind are not so numerous. It would not be difficult, with a distance, perhaps, of two or three miles, to collect a class of young girls who would be glad to avail themselves of the services of a lady competent to direct their reading, and introduce them into the higher walks of literature.

A class which met twice a week, paying a moderate sum, would yield a very nice weekly income for the amount of time given. The study of botany, which might be conducted in quite an original manner by reading connection what old poets and new have written on the subject of flowers could thus be made particularly attractive, involving picnics and various excursions, with charming collections for gardens and vases.

The advantages of good reading—reading aloud for the pleasure of others—are beginning to be appreciated; and a properly qualified teacher, not of "elocution"—which always

suggests making up faces and speaking a piece—but of easy, unconstrained reading aloud, would seldom fail to obtain sufficient encouragement. So many books are now to be had on the proper management of the voice that almost any lady with ordinary good vocal powers, could soon remedy the defects in her own reading, and make herself competent to instruct others.

Reading aloud is too often performed in a high pitched, unnatural tone, with as little regard to the final d's and g's as prevails among other speakers in their dealings with the letter h. These faults once overcome, a natural conversational style is not difficult to acquire; and reading classes, with a fair and a good-natured contest at the end of a term for a prize to the best reader, could be made quite popular in the list of village enjoyments in winter.

Occasionally a good reader will be able to find a couple of hours' daily employment in reading aloud to an invalid, and one whose eyes will not bear use; but such opportunities are not of frequent occurrence, being in many cases only a delicate ruse on the part of the wealthy to put money into the hands of a poor but proud friend. Such an engagement, however, can sometimes be made even with strangers, and there are far more agreeable ways of earning a regular salary.

Giving music lessons, "just for pin money," is a very general practice, and the music teacher, especially when the pupils are small children, in a country village, frequently appears in the shape of a young lady very much dressed. The employment is very remunerative under a reasonable amount of patronage; and the hard-working mechanic and his equally hard-working wife are particularly anxious to have their daughters to play the piano. And a very laudable ambition it is. There is nothing so satisfactory as when anyone says, "Give me some music" (Twelfth Night) to be able to do so. It is always considered a reproach to say, "you delight not in music," or "the music likes you not."

The thoroughly-trained and competent music teacher, however, will find more congenial pupils and receive a liberal price for her lessons. A little extra income earned in this way often enables the teacher to improve herself in the higher branches of her art; and when the pupils are friends, or the children of friends, the occupation can be made a very pleasant one.

A class in fancy work would be found very taking in the small places, where such advantages are not so easily obtained as in large towns, and the ruling mania, whatever that might be, would be eagerly sought after. The old-fashioned mania for wax flowers was revived some years ago, and teachers of the art found it very profitable; but it is not very popular now, though it might be made so in remote places.

Instruction in plain needlework is much needed, and not so easy to obtain as instruction in fancy work. It should be one of the primary things taught in school boards, but is too much neglected for things that probably never will be needed.

As a character says in Shakespeare:—

"Go ply thy needle,"

while another, wishing to compliment a woman, says:—

"So delicate with her needle."

It is an admirable accomplishment, and more useful than most. In a small country place recently a lady opened a sewing school on Saturdays, which was well attended by girls from twelve to fifteen. Only plain sewing and mending were taught—accomplishments usually more appreciated by parents than the pupils; but the attendance of the volatile damsels was secured by an interesting story read aloud during the lessons, and some little refreshment and a game of romps at the end. The two hours' instruction was well remunerated; and there are few mothers able to do so who would not gladly pay for having their girls thoroughly grounded in the rudiments of needlework by one who understands the art, and who also understands half grown girls, who are too often difficult to manage.

A mending class would be a novelty; but in connection with plain sewing it could scarcely fail of success. There are always stockings to darn and ravages to repair in the best regulated families; but there is not always someone who can do these things perfectly, and sometimes the repairing is worse than the rent. A woman who can mend well has all that is saved in this way added to her income; and few more profitable

and convenient uses can be found for needle and thread.

Such a class might be made very interesting by having an object to work for. Each pupil might bring the discarded garments of the family to be repaired for the use of the poor, and placed, when good enough, in a box for foreign or domestic—the latter to be preferred—missions; for, with such an incentive, unsuspected talent, in the way of making old clothes look almost as good as new would be developed to a surprising extent.

Cooking schools are not a modern device in the way of teaching, but an old one revived. It used to be the fashion to teach ladies how to cook, but this instruction probably took the form of wonderful cakes and confections rather than that of those ordinary viands

"Not too good  
For human nature's daily food."

A school similar to those established in two or three large cities, teaching thoroughly the preparation of common family meals, would be appreciated in most towns and village centres; and a lady known by her neighbours to be an adept in making bread, biscuits, and cakes need not often seek pupils in vain. But above all should simple boiling, stewing, &c., be looked to, and the pupil thoroughly grounded in every-day cookery.

(To be Continued.)

## CRUMBS FROM EVERYBODY'S TABLE, SWEPT UP AND CAREFULLY PRE- SERVED.

—:O:—

### BREAD A CENTURY OLD.

The keeper of the archives for the Hungarian county of Marmaros found lately, stowed away with some ancient registers, a packet bearing this inscription: "*Qualitas panis Marmatici in penuria. A.D. 1786.*" (Quality of the Marmaros bread in the year of want, 1786.) The bread is partly composed of oatmeal, but the greater proportion of it is the bark of trees. The county authorities have directed the specimen to be preserved in the local museum.—*Times.*

### THE COOKS OF EUROPE.

After complimenting one of the *chefs* on his consummate skill in preparing a whole turkey in such transparent jelly that it seemed under a glass case, I ventured to ask him how the cooks of other countries compared with the French. With a smile of indulgence, he replied that a French cook was at the head of every foreign kitchen of distinction, and reminded me, beginning with the name of the Queen of England, that every crowned head in Europe possessed one of those artists. "However," he added, "in England one may have a roast well turned by a native, in Germany a potage may be entrusted to a medium German cook, and in Italy I will go so far as to say it would be presumptuous to attempt the preparation of pastes against an Italian *chef*. After that you can draw the ladder."—*Whitehall Review.*

### MEN AND WOMEN AT THE TABLE.

Everything you can eat with a small spoon was invented for women. It was delicate flattery in the male sex to thus infer the dainty size of the female mouth. There is not so much difference in quantity of consumption between the two, but man, being naturally a coarser animal, thinks he has to eat most, and he uses a big spoon. But the little spoon goes oftener to the lips. The fact is that woman's great joke on man is the way she allows him to think things and never deceives him. A man takes up the bill of fare and smacks his lips, and makes a great show of appetite and enjoyment. A woman never makes any demonstration, but the simple, innocent way in which she gets away with the *menu* is delightful. A man howls when he is hungry. A woman never says she is hungry; she just waits till the man howls, and, under the cover of his enormous appetite and fierce demonstration, she has a good square meal, and he thinks she is so delicate.—*San Francisco Chronicle.*

### HOT WATER AND THE APPETITE.

It is a speciality of sanitary reformers, who are among the most useful of the many intel.



lectual nuisances in the world, to be deficient in the quality of humour. One of them some years ago, recommended that a man's dead relatives should be burned at the corners of the streets, to save gas-lamps: another, not two years ago, lectured on the unhealthiness of boots in bedrooms, and recently, Mr. Mansergh, at the close of a most sensible address to the Sanitary Congress on water supply, brought in his views on teetotalism in the oddest way. He told his audience that "systematic hot-water drinking had been proved in America to be destructive of the appetite for alcohol." We entirely believe him, and if he extended the destructive effect to the appetite for mutton chops, fruit, or wheaten bread, we should believe him also. But why limit us to hot water, when tartar emetic, ipecacuanha, unrefined cod-liver oil, and perhaps twenty other drugs, would be at least equally potent? The old remedy of Rechab, total abstinence, is an easier one than that, and as perfectly effective as long as it is pursued. The difficulty of the temperate is not to leave off alcohol, but to believe in the use of leaving off. They do not find that the most perfect abstainers in the world, life convicts, become better people.—*Spectator*.

#### POISONS AND DOCTORS' SERVANTS.

It would be interesting to know how many servant girls and boys in buttons in the service of doctors have unrestricted access to wholesale supplies of deadly poison of every kind. Unless the majority of medical men are more careful than Dr. Bayfield, of Lavender Hill, the prospect is not reassuring. From the confession of Emily Parry, aged eighteen, it seems that this damsel, having had a tiff with her fellow-servant, Alice Tharby, ran into her master's surgery with the pot of tea which Alice had just made and poured into the pot the contents of several bottles, including one of laudanum. She then performed a similar process on the milk jug, which received the contents of a bottle of chloroform. Emily does not seem to have been a wholly depraved girl. She only wanted "to get Alice into a row," and she was merely oblivious of the possible consequences to third parties. There are so many really dangerous characters about, however, that her exploit should be a warning to doctors generally.—*Truth*.

#### MEAT TO BE BOLTED, NOT EATEN.

Mr. Gladstone is "out of it" again. Everybody has heard how the late Prime Minister ascribes his splendid health to having learned one simple physiological lesson—namely, to make twenty-five bites at every bit of meat. Mr. Lyttelton has recorded the fact in his little book on training, and Sir John Lubbock repeated it the other day in an address on technical education. And now there comes a "Physiologist F.R.S.," who writes to the *Times* to say that the pretty little tale is merely "another illustration of great ignorance of natural things in the presence of high and even wonderful conceptive faculties." So far from needing twenty-five bites, meat does not need any bites at all, for it is digested not by the mouth juices (as vegetable substances are), but by the stomach juices, and as the secretions of the mouth are alkaline, whereas the digestive fluid for meat is acid, too much mastication actually interferes with indigestion. So Mr. Gladstone must go to school again after all and learn the old nursery saw, "to bolt the meat, but chew the potatoes."—*Fall Mall Gazette*.

#### DISINFECTING ROOMS.

Drs. Guttman and Merke, of the City Hospital Moabit, in Berlin, have made an investigation as to relative value of various methods of disinfecting inhabited rooms. The main points kept in view in the inquiry were that a satisfactory method should destroy the vitality of bacteria, should not injure the house or furniture, should not be dangerous to the health of the person in the house or of the person applying it, should involve the least possible labour in its use and be as cheap as possible. The bacillus antrax was taken as the test organism, and was dried in silk fibres and scattered through the room, on the rugs, &c. Disinfection was attempted by rubbing the floors, ceilings, and walls with disinfectant fluids, and by spraying the same on the rugs, &c. The solutions experimented with were a 5 per cent. solution of car-

bolic acid, and solutions of bichloride of mercury of various strengths. Their conclusion is that a solution of bichloride of mercury, 1 to 1000, used as a wash and a spray, is the most certain, the cheapest, and in all respects the best for disinfecting inhabited rooms.—*Sanitary Engineer*.

## PENNY PASTRY AND ITS PROFITABLE PRODUCTION.

By "HIRONDELLE," IN THE "PRACTICAL CONFECTIONER."

—o:—

#### ROYAL VANILLA CAKES.

TAKE one pound and a half of ground sweet almonds, and a quarter of a pound of bitter almonds, two pounds of powdered sugar, and six ounces of white biscuit powder, ten drops of essence of vanilla, mix with about thirty whites of egg into a stiff paste. Roll out about half an inch thick, and cut in strips three inches wide, ice with pink and white icing, and cut into fingers one inch wide. Bake in very slow oven. May be ornamented with some angelica, cut diamond shape.

#### COCOANUT DESERT CAKE.

Take one pound of butter, cream with one pound of powdered sugar, then add one pound of flour, flavour with essence of almond. Put into shallow tins, three inches in diameter, and when baked ice with water icing, and while wet sprinkle granulated cocoanut on it, put two together and pipe the top, one with pink and white icing.

#### MARBLE CAKE.

*White part.*—Rub three ounces and six ounces of sugar together with one pound of flour, add half a cupful of milk in which you have previously mixed a quarter of an ounce of cream of tartar, then add the whites of four eggs well beaten, add a quarter of an ounce of carbonate of soda, previously dissolved in a teaspoonful of water, and mix well.

*Dark part.*—Mix six ounces of sifted brown sugar, one pound of flour, and six ounces of treacle well together, then add half a teacupful of milk, in which you have dissolved a quarter of an ounce of cream of tartar, add the yolks of five eggs, flavour with cinnamon, cloves, and lemon. Take a tin twelve inches square, and put a layer of dark and then white, till one inch in thickness, cut in squares of three inches, and each square into three.

#### THE ASCOT TARTLET.

Mix half a pound of granulated cocoanut and the like weight of chocolate, and a quarter of a pound of ground sweet almonds, add one pound of powdered sugar, and flavour with cinnamon. Make into a soft paste with white of egg.

Line some patty pans with puff paste, and put some of the mixture in the centre of each. Bake; when cold put a spot of whipped cream in the centre.

#### WEDDING CAKE (to be cut in slices).

Cream one pound of butter with one pound of powdered sugar, then mix in by degrees eight or nine eggs, then add one pound of flour, three pounds of currants, a quarter of a pound of almonds cut in thin slices, the rind of a lemon grated, half a teaspoonful of mixed spice. Mix well and put into a Geneva tin twelve inches square. Paper, and put in the batter; spread as even as possible; bake in a moderate oven for three hours. Let it stand for two or three days, then cut into strips three inches wide, and ice with water icing rather stiff; then again cut into slices about half an inch thick. Each slice must not weigh more than two ounces.

#### PHILADELPHIA CAKES.

Take eight ounces of powdered sugar, four ounces of corn-flour, two ounces of ground bitter almonds; mix these well together, then add five eggs and a half a glass of rum by degrees. Mix well, then put into shallow tins well buttered, and dredged with powdered sugar. Bake in moderate oven, and when cold ice with water icing, in which you have put a teaspoonful of rum and a little orange juice, or essence of orange.

#### MADELAINE CAKES.

Cream one pound of butter with one pound of powdered sugar, then add by degrees eight eggs and one pound of flour and a pinch of salt, and the grated rind of one lemon; work this batter well. Have some small tin cups ready, buttered, and dust with sugar.

Half fill each cup, bake in a moderate oven, and when done turn out on a clean baking tin and put into the oven again for a few minutes.

The more this batter is worked the better the cake will be.

#### MARZAPANES.

Put into a stewpan one pound of ground sweet almonds and one pound of powdered sugar; mix these well together, then add half a pint of water, put on the fire, and let it come to the boil, add the yolks of six eggs previously well beaten; again let it just come to the boil, and put on one side.

Beat up two whole eggs with the six whites, add the juice of half a lemon, and a small quantity of essence of almonds; then add sufficient flour to make it into a stiff paste. Roll out thin, and cut with a round cutter about three inches in diameter. Pinch up these rounds into a little square shape, lay them on a baking tin slightly floured. Then put a spoonful of the almond mixture into each. They must be placed in rather a quick oven, as they ought to be baked quickly. When cold, brush over the tops with clarified sugar.

#### PERSIAN TARTS.

Put into a stewpan one quart of milk and half a pound of butter; then beat sixteen yolks of eggs and three-quarters of a pound of sugar together; add one pound of flour, mix well, and when the butter is melted in the milk, add this by degrees to the batter, stirring quickly all the time; put on the fire again, and boil for a few minutes. When cold, add six ounces of ground almonds, and flavour with orange flower water. Line some patty pans with tart paste, and put a small portion of this custard into each. Dust with sugar, and bake.

#### AMERICAN CUSTARD TARTS.

Beat eight eggs with half a pound of powdered sugar, then add one quart of milk, the grated rind of two lemons, and two ounces of corn flour. Line some patty pans with puff paste rolled thin, notch the outer edge to form a cup, and put in each a dessertspoonful of custard, dust a little nutmeg on the top, also a little sugar. Bake in moderate oven. When baked, pipe a little raspberry jam round the custard.

## THE PIG IN RELATION TO THE DAIRY.

—o:—

IN a paper which he read before the Conference of the British Dairy Farmers' Association at Killarney, Mr. Sanders Spencer, of Holywell, St. Ives, said:—

Why farmers, and more particularly dairy farmers, do not give more time and attention to the production of pork is a mystery to me, especially as a certain proportion of the food required to keep the pigs is in many cases practically wasted. I should think that there is scarcely another country in the world, in comparison with its area, where the dairy and the pig play so important a part as in Ireland; nor has there of late been a period when there was a better opportunity of gaining a greater share of the world's riches by further developing the pork-producing industry.

Until recently by far the greatest competitor in pig-raising and feeding was America, a country in which, perhaps, a few years since more pigs were converted into products for exportation than in all other countries combined, and in which for the last three or four years, more pigs have died from hog cholera and other diseases than have been raised in the British Isles during the same period of time. From this unsanitary state, from the increase of population, and from other causes, the production of pork has decreased, and the price in the States increased; whilst much of the pork product which has been shipped to Europe has been simply concentrated maize, a compound which does not commend itself to the tastes of those who have had an opportunity of enjoying



pork produced from milk, oatmeal, wheatmeal, peatmeal, and potatoes.

Bacon and hams made from the pigs fed on the latter foods are fit for the gods, especially if cured in Limerick, Cork, Waterford, or Calne. Such being undoubtedly the case, now is the time for landlord, farmer, and bacon-curer to make determined and continued efforts to introduce into this country good boars for the use of small farmers at a low fee. It would appear that there never was a period when the pig-feeder was so favourably situated in comparison with the feeders of other varieties of stock.

The price of all kinds of feeding stuffs used in fattening pigs—whether it be wheat, barley, maize, peas, or milk—is abnormally low; while the reports on May 2nd from the Smithfield dead meat market show a state of things unprecedented—*i.e.*, the prices of best quality beef, mutton, and pork, 3s. 8d., 4s. 4d., and 4s. 10d., respectively, per stone of 8 lbs.; or, in other words, pork is, in that market which more or less rules all others, worth 1½d. per lb. more than beef and ¾d. per lb. more than mutton. Surely no stronger proof that pork-raising should be profitable can be desired than is furnished in the last few paragraphs.

In order to produce the finest quality of pork for the bacon-curer in the most economical manner, it will be found necessary to begin the fattening process as soon as the pigs are weaned; or, in other words, never allow them to get a check through stinting their food. Skim milk, with miller's offal, a few peas or oats, and later on, as the pigs grow stronger, gradually add barley meal and Smith's cocoanut meal (in the proportion of four parts barley meal to one cocoanut meal), with milk or whey, until these become the main food, as the pigs reach the weight of 200 lbs. alive, and fit for the bacon-curer. This should be when they are seven to nine months old; you then obtain carcases of juicy, tender, lean meat, with a small proportion of fat.

Maize is very much used by some persons, but the pigs fattened wholly on it are not saleable, nor, at the present price of barley, so profitable to the feeder. Little pigs will thrive well on maize meal, provided it is steamed or boiled, then mixed with skim milk, and given new milk warm. Some persons strongly advocate the steaming or cooking of the corn or meal given to the fattenings pigs; I do not think it necessary nor profitable.

Numerous experiments have been made in the States, and the results have generally been that a greater quantity of cooked than uncooked food is required to produce a given quantity of pork. Referring to the use of skim milk for feeding pigs, Mr. Spencer said:—Mr. T. Carrington Smith, a gentleman who is well known as a most careful observer, has very kindly sent me a copy of his pig-feeding account for thirty-one years. The yearly average number of pigs fattened was forty-five, of bags of meal consumed ninety-five, and the profit £52 18s. 7d. Mr. Carrington Smith points out that after making allowance for attendance, value of manure, &c., he considers that the whey resulting from each cow has been worth 30s. a year for pig-fattening.

## A CHAPTER ON PICKLES.

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**PICKLED CAULIFLOWER.**—One large or two small heads of cauliflower cut into evenly-sized pieces. Cook in salt and water a few minutes, but not until it will break apart; pour over it the following heated together, and while hot: One quart of vinegar, one cup of sugar, one cup of ground mustard, two tablespoonfuls of flour.

**RUSSIA PICKLE.**—Two gallons of cabbage coarsely chopped, one gallon of green tomatoes, one dozen onions chopped together, one ounce of celery seed, one ounce of pepper berry, or one-half dozen of green peppers, one-fourth pound of white mustard seed, one-half gill of salt, one and one-fourth pounds of sugar, one gallon of vinegar. Boil all together until the cabbage and tomatoes are tender. When done, add one-half ounce of turmeric. Can while hot.

**CUCUMBER PICKLES.**—For four hundred pickles, small size, one gallon of vinegar, one tablespoonful each of cinnamon, ginger, celery seed, turmeric, and grated horseradish, two

tablespoonfuls of mustard seed, one-half tablespoonful of cayenne pepper, one teaspoonful each of mace, allspice, and cloves, four green peppers or one tablespoonful of black pepper, one lemon sliced thin. The spices are to be ground. Soak the cucumbers twenty-four hours in weak brine, drain, and put in a kettle with the spices and vinegar, heat to boiling, and can while hot.

**TOMATO SOLE.**—One-half bushel of green tomatoes chopped fine, one pint of salt, one-half dozen of green peppers, chopped fine, stir all together and let it stand over night, drain well, put in a kettle, and cover with weak vinegar, cook slowly one half hour, skim out and put in a jar. Take two pounds of sugar, one pint of grated horseradish, one quart of vinegar, one-half cup of ground mustard, one tablespoonful each of ground cinnamon, allspice, and cloves. Heat all together and pour over the tomatoes. Add more vinegar if necessary to make it moist enough.

**PICKLED OYSTERS.**—One quart of oyster liquor, one teaspoonful each of white pepper and allspice, seven tablespoonfuls of vinegar, two blades of mace, one tablespoonful of salt, simmer one quart of oysters in this for five minutes, take them out, boil the liquor, skim it and pour it over the oysters. If you want to keep them for some time, can while hot.

## WASTE IN THE KITCHEN.

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WASTE in the kitchen is often very great from apparently trivial sources.

In cooking meats the water is thrown out without removing the grease, or the grease from the dripping-pan is thrown away.

Scraps of meat are thrown away.

Cold potatoes are left to sour and spoil.

Dried fruits are not looked after and become wormy.

Vinegar and sauce are left standing in tin.

Apples are left to decay for want of "sorting over."

The tea canister is left open.

Victuals are left exposed to be eaten by mice.

Bones of meat and the carcase of turkey are thrown away, when they could be used in making good soups.

Sugar, tea, coffee, and rice are carelessly spoiled in the handling.

Soap is left to dissolve and waste in the water.

Dish towels are used for dish cloths.

Napkins are used for dish towels.

Towels are used for holders.

Brooms and mops are not hung up.

More coal is burned than necessary by not arranging dampers when not using the fire.

Lights are left burning when not used.

Tin dishes are not properly cleansed and dried.

Good new brooms are used in scrubbing kitchen floors.

Silver spoons are used in scraping kettle.

Cream is left to mould and spoil.

Mustard is left to spoil in the cuse, &c.

Vinegar is left to stand until the tin vessel becomes corroded and spoiled.

Pickles become spoiled by the leaking out or evaporation of the vinegar.

Pork spoils for want of salt, and beef because the brine wants scalding.

Hams become tainted or filled with vermin for want of care.

Cheese moulds and is eaten by mice and vermin.

Tea and coffee pots are injured on the stove.

Woodenware is unscalded and left to warp and crack.

CIRCUMSTANCES alter cases. Head of the house (to young man at front door): "Haven't I told you, sir, never to call here again?" Young man: "Yes, sir, but I haven't called to see Miss Clara this time. I have called for the gas bill." Head of the house (in a milder tone): "Please call again."

COAL DEALER: "Where's John?" Driver: "He stayed up to Mr. Brown's." Coal Dealer: "Why on earth did he do that? Doesn't he know we're short-handed?" Driver: "I suppose he does, sir; but he said he was weighed in with his load, and he had an idea he belonged to Mr. Brown."

## CORRESPONDENCE.

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### "HINTS ON CLOTHING."

TO THE EDITOR OF THE "COOK AND HOUSEKEEPER."

SIR,—With much of the article on the above subject in your last issue I quite agree, with some points I differ. For instance, delicate persons are told they will derive much comfort by keeping an extra counterpane ready for the abrupt demands of our eccentric climate.

Delicate persons should never use a counterpane at all; it is the most unhealthy article of night clothing imaginable. In hospitals, supposing they are used for the sake of neatness in the day time, they are always removed at night. They allow of no evaporation, and I would advise those who require extra clothing either to sleep in a flannel suit or have another blanket. Then the use of the extra counterpane by night is compared to the use of the overcoat by day. Rightly so, for in most cases the overcoat itself is not only useless but does harm by acting much as a counterpane. My experience is that I am much colder when I take my overcoat off after coming in from a walk, and it is then one feels a chill.

Of course, one must have extra protection against severe weather, but let it be a warmer coat, not an overcoat. A good plan is to have a thick coat for outdoor wear which can be exchanged for a thinner one indoors, reserving the overcoat for travelling, &c.

"Leave off your winter clothes early in the spring, rarely before the end of May." I have always regarded May as the end of spring, but to the foregoing I would say never leave off your flannels till the end of May, unless, indeed, you are prepared to change two or three times a day as the temperature varies. I think, also, that flannels should be returned to about the middle of October rather than November. Seasons vary, certainly, but late autumn is always chilly and unsafe.

Concerning boots I feel strongly, in more ways than one, for the unsympathetic Crispin who shod me in my youth has left me a legacy of continual torment in the shape of corns. He had a much greater appreciation of the fashionable idea of pedal beauty than he had of pedal anatomy, and he tried to mould the latter to the former with the worst results.

It is the tendency of bootmakers to do so still, but many people have become sufficiently independent to have their boots made as they want them, and there are not a few shoemakers who are quite willing to meet their customers' views and sacrifice (?) looks to comfort. It is a pitiful thing to see the way young girls have their feet pinched, drawn, and distorted by the ready-made boot of French and other species. In the first place, the boots are made to look so pretty that a girl will mentally decide she will have them—if she can possibly get her foot in; just as they will wear a fashionably-shaped hat, whether it suits or not. Then comes the later misery of large joints, corns, and bunions.

Parents would do well to give more attention to what their youngsters wear in the shoe line, for I am inclined to think, remote though it may appear, that sound feet affect largely one's physical bearing, as one's carriage indicates one's mental or moral condition. An upright man does not generally limp or hobble along as does the corn suffering wretch, looking as if he could not hold his face up to the light.—I am, Sir, faithfully yours,

PETER.

May 28th, 1887.

A LITTLE city boy, who had just returned from his first visit on a farm, gave this description of butter making: "You ought to see how auntie makes butter with a barrel and a broomstick."

"WHAT pretty children you have," said the new minister to the proud mother of three little ones. "Ah, my little dear," said he, as he took a girl of five up into his lap, "are you the oldest of the family?" "No, ma'am," responded the little miss, with the usual accuracy of childhood, "my pa's older'n me."

GOVERNESS: Now, Jack, if I were to give twelve pears to Maudie, ten to Edith, and three to you, what would it be? Jack (aged six): It wouldn't be fair.



## THE FISH SUPPLY.

(FROM OUR GRIMSBY CORRESPONDENT.)

—:0:—

ALTHOUGH comparatively few fish are now in season, almost all kinds are plentiful and cheap. Soles, which in very scarce seasons sometimes reach the extraordinary prices of £10 or £12 per box, are now selling at £3 to £3 10s.; and the lower classes of trawl fish are obtainable at similar rates. The only fish generally brought here which are really in season during the present month are—whiting, turbot, sturgeon, soles, shad, salmon, plaice, mackerel, hake, haddocks, conger eels, lobsters, crabs, shrimps, prawns, and whelks. Of these, sturgeon, shad, salmon, mackerel, and lobsters are scarce; the whole of the remainder being in good supply. Cod, ling, halibut, and herrings will be in season in a few weeks' time. The three first-named are now being caught in fair quantities, and are cheap.

Wednesday.—There are very few fish at prime just at present, most kinds being in their early season, or on the point of going out. Amongst the latter may be mentioned brills, which have been selling for some time at two shillings and three shillings each. Cod will be in season in three or four weeks. They have latterly been selling cheaply, but the prices are already showing an upward tendency. Coalfish are now about at their worst, and, consequently, do not realise much money. Conger eels are amongst the few fish in full season, and the average prices for them range between three shillings and four shillings each. The season for dabs has just closed, and they are selling cheaply. Gurnets, which are now being caught in large quantities, came into season with cod; whilst the best period for haddocks and hake has just commenced. Herrings may be expected with July, and at the same time halibut comes into greater demand, although this fish is really the finest eating in the winter months. Seven or eight weeks will elapse before ling are in season, but they sell well at high prices, together with skate, the best period for which is coming on. Mackerel are in season, but are not sold in large quantities here; the same remarks also apply to salmon. The latter have, however, fallen price to one shilling and one shilling and twopenny per pound; whilst trout will sell at fivepence halfpenny to sevenpence halfpenny. Soles are scarce, in great request, and, consequently, dear. Turbot are improving in quality, and rising in price. Whiting are also just coming in, and with a stronger demand may be expected to become dearer. Whelks, shrimps, prawns, lobsters, crabs, and crayfish are all now in season.

## AN HOUR WITH ONE AUTHOR.

—:0:—

FASHION can make even a frog dry. One cannot live in the past for ever. Better be frivolous than badly dressed. Nothing, indeed, is valuable that is easily obtained.

Money and clothes alone do not make a gentleman.

You can spoil almost anything by turning it wrong side out.

Ease and grace mean good living, leisure, and a sound body.

A false notion of duty has to account for much of the misery of life.

I don't think I like what is called the world much when I am close to it.

The most costly scenery in the world is thrown away on a pair of newly plighted lovers.

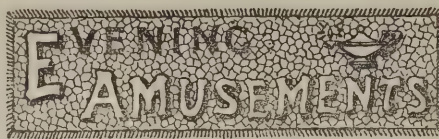
Critical men who like intellectual women, can pardon anything better than an ill-fitting gown.

A man cannot attempt to find out what is in a woman's heart without a certain disturbance of his own.

It is said that a good many matches which are not projected or registered in heaven are made at the skating rink.

The American girl is a serious and practical person—most of the time. . . . She is not nearly so knowing as she seems to be.

Roller skating is said to be a fine exercise, but the benefit of it as exercise would cease to be apparent if there were a separate rink for each sex.



## OUR SPHINX AND PUZZLE PAGE.

—:0:—

Please to write "Sphinx" outside all letters intended for this department.

## CHARADE.

The Master of Ravenswood saddles his steed;  
My first has been at his sores need;  
From Wolf's Hope Crags, from the ruined tower,  
It carried him well to the maiden's bower,  
In his ancestors' home, and bore him where  
Lay wedded and buried the bride so fair.  
It has bore him well in field and fray,  
But a longer journey it travels to-day,  
For he stables his steed at the Kelpie's flow,  
And his name will be lost for evermoe!

The Kelpie has come from his Norland cave,  
He has muttered his charms to wind and wave;  
His eldritch laughter, so shrill and high,  
Is heard in the wind as it passes by;  
For in my dangerous whole is spread,  
For the last of his race a cold last bed.  
The sea-fowl shall pipe, and the billows rave  
O'er the Master of Ravenswood's nameless grave.  
He has wooed the dead maiden—the Kelpie's flow

Hides him and his steed for evermoe.

The sea is calm and the moon smiles fair,  
On my second's expanse as he passes there;  
But my treacherous whole engulfs him fast,  
Till rider and steed from sight have passed  
Like a fading mist and a morning dream,  
While my second echoes the gleeful scream  
Of Kelpie's laugh; where my whole was crossed,

Is one long black plume on my second tossed!  
And the sea-birds pipe o'er the Kelpie's flow,  
A dirge for one lost evermoe!

## ENIGMA

I am sprung from no mushroom lineage. My ancestors, from whom I derive my being and name, flourished on the banks of the Nile—neighbours of the river-horse and the scaly crocodile. Even those members of my race were ministers of the Pharaohs; and their relics are now discovered entombed in the cerements of those mighty Old-World Kings in sepulchre and pyramid. The most aged palm-trees have put out numberless leaves, and waved in the hot breezes centuries since then; but the power of the Pharaohs has fled like a dream, and the knowledge of their very existence would have passed from this busy earth, save for the enduring record through the small still voice of these ancestors of mine.

And this has been our mission through the successive generations of the world; to be the messengers of these rulers while living, and the chroniclers of their deeds when they have departed to their kindred clay. We have been their most lasting memento for good or evil—preserving the traces of their virtues and their shortcomings as warnings to their descendants. Nor is the present age by any means the least of our glory. I, the representative of my time-honoured race, am one of the great powers of the day, employed in the service of all civilised nations of the globe. I represent wealth untold, from here to the Antipodes; and if my owners chose, two square inches could embody the fortune of a prince. I am the current medium for all the science and knowledge, as well as the art of our era. The winds can, and do often carry me, yet steam by land and sea is my favourite means of transport. If I am shipwrecked, divers go down into hidden depths of ocean to rescue me as eagerly as they do the ingots that travel with me; and many a human heart, aching with sorrow and loss, estimates me as worth more than my weight in virgin gold, when I bear the last fond message of the regretted dead. Shipwreck cannot destroy me, or partial burning quite invalidate me; and I am often honoured in my fragments.

In principle I am a Liberal-Conservative, though I am employed by all shades of party alike. I proclaim all creeds, from the Buddh-

ism of the Chinese to the Rabbinical lore of the Jew, and the Mohammedan faith of the Koran; but I am more extensively employed in disseminating the Christian doctrine. In the hands of statesmen I sway the destinies of empires and the fate of Kings; through the poet I influence that strange inexplicable machine, the human heart.

My scholars are as numerous as the sands of the sea shore—my occupations are varied as the leaves on a tree. Steam, on land and water, works incessantly for me, and through me, by night and by day; and the lightning of the sky, trained like a docile steed, for me brings intelligence from the distant parts of the earth.

I am not above the humblest purposes to which I can be applied. I am one of the most ductile imitators possible, no chameleon can rival me for change of colour and feature. I can assume the likeness of cloth, leather, wood, stone, ivory, and metal. I can mimic alike the downy fruit and the delicate transparent flower petal, as well as the sharp stone carving and massive wood moulding and fibrous lace. I give pocket handkerchiefs to the Japanese, religious offerings to the Chinese, furniture and bijouterie to the French, cigarettes to the Spanish donna, trays and pipe-stems to the Germans, and hats, bonnets, collars, and cuffs to the English. I don't bear quite the highest credit in the United States at present in one branch of business. From me wheat grows and flax flourishes; for me weeds, plants, and various barks have been analysed by skilled chemists. I need hard hardly say more—if you have not discovered my name already, you are blind indeed to the very things that are under your nose.

ANSWERS TO "OUR SPHINX" No. 13.  
NUMERICAL ENIGMA—"Early bird catches the worm."

CHARADE—Satin.

HIDDEN LITERATI—Hugo, Marryatt, Scott, Lever, Cooper, Black.

DECAPITATIONS—R-emit, S-heath, S-hovel, V-aunt, C-anon.

WORD CHANGE—Talk, Tank, Sank, Sink, Sing.

QUINTUPLE CROSS-WORD ENIGMA—Arkansas, Colorado, Delaware, Missouri, Savannah.

DIAMOND PUZZLE—

V  
P O E  
V O C A L  
E A T  
L

WORD SQUARE—

G O T H A  
O T R A R  
T R I B E  
H A B R A  
A R E A S

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CHARADE—Cognomen.

A WICKED ACROSTIC—Read downwards the capitals, "Dana is a fraud."

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# THE COOK & HOUSEKEEPER

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SATURDAY, JUNE 25, 1887.

PRICE ONE PENNY

## THE CAT.

CAT, a name applied in its widest sense to all feline animals, but generally restricted to a few of the smaller species, which approximate more or less closely to the domestic form.

Of undomesticated species the best known is the wild cat, inhabiting the most inaccessible mountain fastnesses, and the deepest recesses of the forests of Central and Northern Europe and Asia.

It attains a length of three feet, including the tail; is of a yellowish grey colour above, and whitish beneath, with a dark stroke extending along the back to the origin of the tail, and with indistinct transverse bands on the sides.

The tail is bushy, and of equal thickness throughout, annotated and tipped with black.

The wild cat was formerly abundant throughout the wooded districts of Britain, but is now confined to Wales, and the Highlands of Scotland; where, owing to the increased attention now paid to the preservation of game, it is being rapidly exterminated by trap and gun.

It forms its lair in rocky crevices, or in the hollow of trees, and has been known to make use for this purpose of the nests of the larger birds. It is nocturnal in its habits, prowling by night in search of the mammals and birds which form its food, and thus doing immense damage in districts well stocked with game.

The fierceness of its disposition, its strength and agility, are well known; and although it does not seek to attack man, yet when disturbed in its lair, or when hemmed in, it will spring with tiger-like ferocity on its opponent, every hair on its body bristling with rage.

"I never saw an animal fight so desperately," says Mr. Charles St. John ("Wild Sports of the Highlands"), "or one that was so difficult to kill."

In country districts specimens of the domestic cat run wild are by no means uncommon; for, having once tasted wild animal food, hares and rabbits are often afterwards preferred to rats and mice, and when the house cat has taken to hunting, there are few animals more destructive to poultry or game. In some instances they have been known to hunt

regularly in the woods, and yet retain sufficient domesticity to carry home their game before devouring it. They have been known to overcome their aversion to water in order to gratify their taste for fish.

The offspring of such semi-wild forms gradually assume a uniform colouring, not unlike that of a wild cat—a similarity which led to the supposition that the house cat was but a domesticated form of wild cat.

The greater size, however, of the latter, the uniform thickness of the tail—a peculiarity which never appears in any of the domestic varieties, nor in those which have returned from the wild state—along with the fact of the great scarcity of house cats, and the high value set on them in the Middle Ages, when the wild form was everywhere abundant, may be held to prove that the domestic is especially distinct from the wild form in our woods.

Its origin, like that of many other wild animals, is obscure. Reference is made to it in Sanskrit writings two thousand years

old, and still more ancient records of it are to be found in the monumental figures and cut mummies of Egypt.

In the north of Scotland at the present day the native species is believed occasionally to cross with the house cat. Such crosses would be much more frequent in ages when the wild cat was superabundant throughout Europe.





Although the cat has probably been domesticated quite as long as the dog, the number of distinct breeds inhabiting the same country is remarkably small in comparison with the latter—a fact owing, probably, to the nocturnal habits of the cat, and the consequent difficulty in preventing indiscriminate crossing.

That it is not owing to any inherent want of variability is proved by the very distinct breeds that have been developed in insular and other isolated situations—such as the tailless cat of the Isle of Man, which differs in size of head and length of limb as well as in absence of tail from the ordinary form; and the domestic cat of the Malayan Archipelago, in which the leg is short and truncated.

The best known and most distinct varieties are the tabby; the tortoise-shell, or Spanish, with its pleasing mixture of black, white, and yellow; the Chartreuse, of a bluish-grey colour; and the Angora, with long, silky hair of a dusky-white, a favourite drawing-room pet, and the gentlest of all the varieties.

Among less known breeds are the Chinese, with pendulum ears, the red-coloured breed of Tobolsk, and the twisted-tailed cats of Madagascar.

The disposition and the habits of the domestic cat are familiar. It has never evinced that devotion to man which characterises the dog, though many individual cases of feline devotion may be quoted. It becomes, however, strongly attached to particular localities, and will find its way back although conveyed thence under cover.

How it performs such feats has long puzzled naturalists, and no theory that has yet been advanced seems adequately to meet the case. It has been concluded by Mr. Woolner that a cat which is being conveyed to a distance blindfold will have its sense of smell in full exercise, and will by this means take note of the successive odours it encounters on the way.

Among the ancient Egyptians the cat was sacred to Isis, or the moon; temples were raised and sacrifices offered in its honour, and its body was embalmed after death. Nor is this feeling quite extinct among modern Egyptians, for in Cairo at the present time there is an endowment in operation for the lodging and feeding of homeless cats.

In the folk-lore of European nations the cat is regarded with suspicion as the favourite agent of witchcraft, and seems often to have shared in the cruelties inflicted on those who were supposed to practise the "black art." In Germany at the present day black cats are kept away from the cradles of children, as omens of evil; while the appearance of a black cat on the bed of a sick person used to be taken as an announcement of approaching death.

"Men prize the heartless hound, who quits, dry eyed, his native land;

Who wags a mercenary tail, and licks a tyrant's hand.

The leal, true cat they prize not, that, if e'er compelled to roam,

Still flies, when let out of the bag, incontinently home."

We learn from Herodotus, that in his day it was the custom in Egypt, when a cat died, for the whole household to go into mourning. In the case of a cat's death, the eyebrows were expected to be shaved off; but when a dog, a beast of more distinguished reputation, departed this life, every inmate was expected to shave his head and his body all over. The cat was treated by the ancient Egyptians much in the same way as dogs are treated in the present day by us. They accompanied their masters in hunting excursions, and, if ancient monuments are to be relied on, often caught game for them.

Mathiolus tells of a German who, coming in winter time into an inn to sup with him and some other of his friends, the woman of the house being acquainted with his temper (lest he should depart at the sight of a young cat she had kept to breed up), hid beforehand her kitting in a chest in the same room where we sat at supper.

But although he neither saw nor heard it, yet after some time that he had sucked in the air infected by the cat's breath, a paleness came over his face, and, to the wonder of us all present, he cried out that in some corner a cat was hid.

Some persons are extravagantly fond of cats, while others experience a shiver at their mere presence in a room.

When Lord Chesterfield expired he left a pension to certain of his feline favourites.

Paul de Kock kept thirty cats in his house.

Diodorus relates that a Roman soldier unfortunately killing a cat, the common people of Egypt attacked his house in a fury, and, in spite of the king's guard and the majesty of the Roman name, put the unlucky fellow to death.

We learn that they were useful in clearing granaries of mice, for Pliny speaks of cats, and so does Polladus, a writer of the time of the Roman decadence.

A certain woman in France was cooking an omelet when a black cat, sitting in the chimney corner, remarked, "It is done, turn it over." The woman was a good Christian, and threw the omelet in the cat's face, and burnt it. The next day one of her neighbours, well known to her as a sorcerer, had a scar on his face.

Not long after the battle of Wagram and the second occupation of Vienna, an aide-de-camp of Napoleon, who occupied, together with his suite, the Palace of Schonbrunn, was proceeding to bed at an unusually late hour, when, on passing the door of Napoleon's bedroom, he was surprised by a most singular noise, and repeated calls from the Emperor for assistance.

Opening the door hastily, and running into the room, a singular spectacle presented itself—the greatest soldier of the age, half undressed, his countenance agitated, the beaded drops of perspiration standing on his brow, in his hand his victorious sword, with which he was making frequent and convulsive lunge at some invisible enemy through the tapestry that lined the walls.

It was a cat that had secreted itself in this place, and Napoleon held cats not so much in abhorrence as in terror.

Marshal Turenne could amuse himself for hours in playing with his kitten. The Great General Heathfield would appear on the walls of Gibraltar at the time of the famous siege accompanied by his favourite cat. Cardinal Richelieu was fond of cats.

Montague says, "When I play with my cat, who knows whether I do not make her more sport than she makes for me. We mutually divert each other with our play. If I have my hour to begin or to refuse, so also has she."

A family had a residence for a long time on the southern side of Cuddie Bridge, and had in the house a favourite cat. In 1852 the family changed their residence, and took a house on the opposite side of Eddlestone Waters, leaving behind the cat, which would not stir from its accustomed haunts.

Pussy, however, took a dislike to the new inhabitant of the house, and finding her way across the bowling green, took possession of the mill, where she doubtless found plenty of game. She remained there for eighteen months, although her former owner made many attempts to recover his lost favourite. Several times she had been captured, and on one occasion a kitten was retained as an hostage. But endeavours were in vain, she left her off-spring, and set off again for the mill.

(To be Continued.)

**THE HORSE.**—How patient is the horse! I have wondered a great many times if it helps a poor, worn-out horse to bear his burden when he sees the scores of other horses about him doing the same thing as himself. This thought came to me with renewed force the other day as I sat in front of the store watching two horses as they were driven up from two different directions and met face to face. They were stranger-horses; but they seemed to be sympathising with each other as they caressed each other's noses, and I thought how they might be getting some inspiration from a sight of each other's condition, that would help them to be still more patient and submissive under the strain that is constantly put upon them. And all this for man's sole gratification, with no fruitage whatever to the good horse. I hope he has no power of foresight to look ahead. Should he have such a power, how dismal must a penetration of the gloomy future be to him! Verily, the least that man can reasonably do is to always use him like a friend—like the truest of friends. Let us be careful to use the patient, faithful horse well—as well as we know. Can you find such examples of patience under adverse circumstances among humanity?—A. P. REED.

## The Cook and Housekeeper.

SATURDAY, JUNE 25, 1887.

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(ARRANGED ALPHABETICALLY.)

—:O:—

**Egg.**—Although one of the simplest article of food, there is nevertheless art in preparing a soft boiled egg—so great an art that every householder is advised to provide herself with an egg boiler.

**Eggs beaten up** in a stewpan and cooked in a little butter are very nourishing. Some persons add some gravy. Another way is to beat up whatever quantity you require with salt, pepper and nutmeg, adding a little butter.

**Eggs, Fried.**—Put some butter in a frying pan, and as soon as it is hot pour in the eggs, season with pepper and salt. Vinegar is added by some. Others make them into little omelets seasoned with parsley and green onions; over this bread may be grated.

**Egg Mince Pies.**—Cut six hard boiled eggs small, mix them with double quantity of chopped suet, add pound of currants, half of chopped raisins, the peel of a lemon grated, half a nutmeg, teaspoonful of allspice, salt, sugar, and candied peel, with two glasses of sweet wine.

**Eggs, Poached.**—Eggs are poached by dropping them raw from the broken shells into a pot of boiling water; lift them from the water in a perforated ladle, and do not let them remain long enough in the water for the whites to be made opaque. The beauty of the poached eggs is the visibility of the yellow yolk as seen through the semi-transparent white envelope. Served on a slice of hot buttered toast, and lightly sprinkled with pepper, a poached egg is most appetising. In the spring of the year as a top dressing to boiled greens of any kind eggs prepared this way are almost universally liked.

**Egg Salad.**—Cut up two stalks of nice celery, put it in a salad bowl; chop up the whites of three hard boiled eggs, add to it celery, split four sardines, remove bones and skin, arrange them in the salad with tails pointed upwards; sprinkle over the salad a coffee-spoonful of pepper, and a teaspoonful of salt; pound the yolks very smooth; moisten with cream enough to make a paste, season with a little salt and pepper, and with a little sharp vinegar, pour over the salad; garnish with celery leaves.

**Eggs, Salad of Ducks'.**—Hard boil four duck eggs; when cold remove shell; cut each egg into lengthwise; remove skin and bone from eight anchovies, split each one in two lengthwise; put two or three on each half of egg with the anchovy fillet in a leaf of lettuce, fasten the leaves with a piece of toothpick; prepare a plain salad dressing, allowing tarragon vinegar to predominate; serve to each quarter a little of the dressing in a small side dish; serve the prepared eggs, and cut them up, dipping each piece in the dressing as you would a radish. Send finger bowls to table immediately after the course. Goose eggs may be used instead of duck eggs. The eggs of wild ducks are excellent in salads.

**Eggs Stuffed, Salad of.**—Take four ounces of potted ham worked to a paste, with a table-spoonful of anchovy paste and a little cayenne; hard boil six eggs, when cold remove shell; cut a thin slice off the large end, cut them in two crosswise, take one of the hard boiled eggs and put them in a mortar with a third of their bulk of sweet butter, add the ham and a little nutmeg, pound all to a smooth paste; add just a little lemon, press the paste into the smooth halves, put the halves together and arrange them neatly on a flat dish, the small end up; prepare a plain lettuce salad, arrange it around the eggs in a



neat border, and send to table. The lettuce may be served without being dressed, in which case serve the salad with a bit of mayonnaise.

**Eggs** are perhaps the most popular among all culinary articles, and careful housewives lay in a stock of them when cheap. Some preserve them in sawdust and wood ashes, while others supply themselves in September, when they are still cheap. They boil them two minutes and a half, and put them away in a dry place. When to be used they are put in cold water, and when they boil are at once taken up and served.

**Eggnog.**—An egg, a tablespoonful of sugar, one of water, one of milk, and one of wine. Beat white of egg to a stiff paste, then beat in the sugar, next the yolks, and then milk and water.

**Eggs of Neck of Mutton.**—Take the best part of two necks of mutton, pare the fillet, lard it as for a fricandeau; take off the upper skin of the flank; then take a piece of cold veal or a piece of cold beef, boiled, which cut round, a little larger than your hand. Wrap this beef up in a very thin layer of bacon. Next turn the mutton with the larded fillets downwards and fat upwards, mark this in the same manner on the inside fillets with vegetables. When they are done glaze them of a nice colour, then take out the beef and the bacon and in the middle pour a sauce of green vegetables (Macedoine) when in season, or any other sauce that is suitable.

**Egg Salad, à l'Italienne.**—Hard boil six eggs, when done pour cold water upon them, remove shell, and cut them in two, crosswise; take out the yolk carefully from the white so as not to break the latter, work the yolks into a smooth paste and season it as follows:—A teaspoonful of salt, a saltspoonful of black pepper, tablespoonful of minced onion, two minced anchovies, three tablespoonfuls of oil, and one of tarragon vinegar, mix these well with the yolk, and fill the white half with the mixture, put them into the centre of a round flat dish, if they will not set on end cut off a little of the bottom, put into a salad bowl the crisp white leaves of two heads of endive, pour over them a plain salad dressing, toss lightly; now arrange the endive round the stuffed eggs; if any of the yolk mixture remains cut a few slices of bread into small squares or diamonds, spread them in these and use them, or garnish with bit of lean ham about the same size and a few red radishes. The order of arrangement may be reversed by putting the endive in the centre of the dish and the stuffed eggs next this.

**Egg Sandwiches.**—Boil two eggs very hard; mince finely the whites and yolks separately; cut two slices of bread, spread them with fresh butter, and over that spread a little curry paste; cut away the crust of the toast, and also cut the toast into pieces about five inches long and an inch and a half wide; place a narrow row of white of eggs in a slanting way on the toast, then of yolk, then of chopped parsley, and so on until the pieces of toast are covered; then dish on a napkin.

**Egg Sauce.**—Boil two eggs hard, which will require ten minutes, remove the shells, mince the eggs, and put them into some well-made butter sauce and serve hot.

**Eggs—Shirred Eggs.**—Proceed as with baked eggs, only the bread crumbs are omitted, and hence the dish is yet more delicate, and peculiarly suited to the tastes of invalids whose appetites need coaxing.

**Eggs—Stuffed Eggs.**—Boil your eggs perfectly hard and cut them in two in oblong shapes; take out the yolks, mash them up with powdered crackers and butter enough to make them hold together; add celery seed, mustard, salt and pepper to taste; fill the whites with the mixture; bake them to a light brown.

**Eggs sur le Plat.**—Take a dish that will bear the fire, melt some butter in it, break the eggs into the butter, seasoning with salt, pepper, and two spoonful of milk; set them over a stove, and when done pass a salamander over them.

**Eggs (The Good Woman's Way).**—Toss four onions cut in dice on the fire, with a little butter; they must not be coloured; stir them well; when done add a teaspoonful of flour; moisten with thick cream, season with salt, pepper, and nutmeg; let the whole be well minced; whip the whites of twelve eggs, and put in the yolks with the first preparation; mix in the whites and beat in the whole altogether; line a plain buttered mould with buttered paper, and pour in

the eggs; bake them; when done turn them over on the dish, and mark them with cream sauce.

**Eggs, with Milk.**—Take three eggs; beat them up with half a spoonful of flour, a small lump of sugar, a little salt, and three-quarters of a pint of milk; then put them in the dish you mean to serve; set them over a stove a quarter of an hour, and pass a salamander over them.

**Elder Wine.**—Pour four quarts of water upon eight quarts of berries, and let it stand a day or two; then boil it for about an hour, strain it and put three pounds of moist sugar to every gallon of wine; then add an ounce of cloves and two ounces of ginger; boil it again and work it with a toast dipped in yeast.

**Endive Salad.**—The curled endive is excellent for winter salad. Pick the leaves over carefully; separate the bleached from the green; put the former in a salad bowl; add a teaspoonful of mixed green herbs; pour over the salad a plain dressing, and serve. Throw the green leaves into salt water for fifteen minutes, then boil as ordinary greens, changing the water twice; when done drain and cover with cold water for a few minutes, then squeeze all the water out of them, and set on side of dish until wanted; before serving, put in a saucepan with a ten-ounce piece of butter; add salt and pepper; when thoroughly warmed through send to table on a hot dish with hard-boiled eggs. The French make an endive salad as follows:—Rub a crust of bread with a clove of garlic; put it in a salad bowl with the bleached endive; add a few leaves of chopped tarragon and chervil; pass over all a plain salad dressing; toss lightly; then remove the crust, and serve.

**Escaloped Meat.**—Chop meat rather coarse, season with salt and pepper. For one pint of meat use half a cupful of gravy, then a thin layer of crumbs, and continue this until the dish is full. The last layer should be a thick one of crumbs. Cook in a hot oven for fifteen or twenty minutes. All kinds of meat can be escaloped, but beef is so dry that it is not so good as mutton or veal.

**Everton Toffy.**—In a shallow vessel mix together one pound of brown sugar and one quarter of a pound of butter. Stir it well together for fifteen minutes or until the mixture becomes brittle when dropped into water. Lemon or vanilla should be added before the cooking is complete. Butter a fine plate, pour the toffee on it to cool, and when partly cold mark it off in squares with a knife. It can be easily broken.

**Eve's Pudding.**—Three-quarters of a pound of grated bread mixed with the like quantity of suet, the same of apples and also of currants. Mix the whole of four eggs and the rind of half a lemon shred fine. Put into a shape; boil three hours, and serve with pudding sauce.

**Family Soup.**—Stew or fry a pound or two of shin of beef and a few ounces of bacon sliced, add any kind of vegetables to hand, not forgetting onions. A much stronger soup may be made by taking six or seven pounds of the best part of the shin of beef, to which six or eight quarts of water may be added. When it has simmered three or four hours, add all kinds of vegetables. Carrots and cabbage may be served with the meat, the rest left in the soup.

**Family Pie Crust.**—Work into half a pound of sifted flour half a pound of lard or dripping, with a dessert-spoonful of salt. When well minced, put in enough cold water to bind it together. Flour the paste-slab and rolling-pin. Take a part of the paste, and roll to less than a quarter of an inch in thickness. A bit of volatile salt, the size of a nutmeg, dissolved in a little hot water and put to the paste, will make it light and delicate.

**Family Rice Pudding.**—Put a quarter of a pound of rice into a buttered pie-dish, a tablespoonful of sugar and minced suet, a teaspoonful of spice, and a quart of milk. Put in a slow oven and bake a little over half an hour. If skim milk is used this is a very inexpensive dish.

**Farces, or Forced Meats (Stuffing).**—For quenelles (meat minced or potted) of veal take the fleshy part of veal, cut it into slices, and scrape it with the knife until you have got off all the meat without the sinews. About half a pound of this rasped meat is sufficient for a dish. Boil a calf's udder either in your stockpot or in plain water. When it is done and has become cold trim all the upper part, cut it into small pieces, and pound it in a mortar till it can

be rubbed through a sieve. All that part which has been thus strained through the sieve you make into a ball of the same size as the meat, which you have also rolled into a ball, you then make a panada in the following manner:—Have three balls, one of udder, one of meat, and one of panada. Soak in milk the crumbs of two penny rolls for about half an hour, then take them out and squeeze them to draw out the milk; put the crumbs into a stewpan with a little bechamel, a spoonful of consommé, and proceed as follows:—Put a little butter, a small bit of ham, some parsley, a few small shalots, one bay leaf, then one clove, a few leaves of mace, and some mushrooms in a separate small stewpan, fry them gently over a small fire. When done, moisten with a spoonful of broth. Let it boil for twenty minutes and drain the broth over the panada or through a sieve; then reduce the panada on the fire; keep constantly stirring, and when quite dry, put in a small piece of butter, and let it fry further; then add the yolks of two eggs, and put the panada to cool on a clean plate to use when wanted. Observe that the panada is wanted for all sorts of farces or forced meat, and you should be careful to give it a good flavour, as the farce derives no taste from anything else. Quenelles are one of the articles which are the test of the skill of a good cook, particularly of game or fish. This dish is valuable to the poor as well as the rich, and the easiest of digestion imaginable, if rightly prepared. A medical man, familiar with the light dishes of food, would certainly recommend this to his patient. When the panada is cold roll it into balls, the same as the other articles, but let the balls be all of one size. Pound the whole in a mortar as long as possible, for the more quenelles are pounded, the more delicate they become. Then break two eggs, whites and yolks together, which you pound likewise; season with pepper, salt, and spices in powder, and when the whole is well mixed together try a small bit, which you roll with a little flour; then poach them in boiling water with a little salt. If it should not be firm enough, put another egg without beating the white, which only makes the quenelle puff and hollow inside. When you have made the farce rub it through a sieve. If you are in a hurry you may use only crumb of bread soaked in milk without panada, but the panada is most tasty.

**Farce of Fowl, à la Creme.**—Make use of the panada and udder as mentioned above, but no herbs are required in the panada, instead of which put a little bechamel. Take the white flesh of a fowl that has been roasted; take off the skin and sinews, chop the meat very fine, then pound it as you do for farces. Put in the yolks of four eggs after the farce has been pounded and well seasoned. Beat the whites of the eggs, and mix them gently with the rest, stirring the whole with a wooden spoon. Use this farce when requisite. It is generally used for fowl à la creme; if you have in the larder a cold roast fowl you may make that dish with it; empty the fowl by cutting a square hole in the breast, the white flesh you make the farce with, and then replace it in the cavity, as directed further on. This farce is the same which many cooks denominate soufflé of fowl; only when you want to make a soufflé, you must make the farce more delicate; but for the fowl à la creme, or any other bird (for you may make either fowl, chicken, pheasant, partridge, or any other bird whatever) observing only when you make farce of game, introduce consommé or broth of game in the panada, and flavour of the game in the sauce.

**Farce for Gratins (See "Gratins")** of partridges, rabbits, and fowls. The farce or gratin is made in the same manner as farce à la creme with the only difference that you must not heat the whites of the eggs, and that this farce is to be kept delicate and soft. Take the flesh of roasted chickens or young rabbits or young partridges. The manner of using it is explained in its proper place. This farce is intended for the stuffing of such articles as are not to be put on the fire again, or very little, such as calf's ears, calf's feet, sheep's trotters stuffed, and the minced pies called rissoles, as also quails' tongues, and larks au grain.

(To be Continued.)

CONSCIENCE is the voice of the soul, the passions are the voice of the body.



# Fireside Novelettes.

## A SILVER WEDDING.

### CHAPTER I.

WHEN I lived by Thurley I knew Old Gabriel pretty well. He was one of the knottiest men I can call to mind—a man gnarled and twisted in mind and body. Nobody had a good word for him, except the people who lay in wait for his money; and he had a good word for nobody, and least of all for them. The Guests and Dysons, to the number of perhaps two score, used to surround Old Gabriel with tender devices. They made him little presents to secure his goodwill, on the country principle that you throw a sprat to catch a salmon (not a scientific angler's motto, the reader will observe), and Gabriel always swallowed the bait and yet was never landed. The more philosophically-minded of the neighbours looked on the perpetual comedy with amusement. The Guests and Dysons who were too far removed to have hopes of Gabriel's money were of opinion that this waiting for a dead man's shoes was sinful (not to say ungentle); and the Guests and Dysons who were interested hated and traduced each other as people in such circumstances generally do.

The two who seemed to be first in the running for the old man's money were his brother's sons—John Guest, the maltster, and George Guest, the solicitor—and it happened, as it often does, that these were the very two who made least effort. Both the maltster and the solicitor were married, and each had one child, a son. The two boys were born about the same time, and the whole parish of Thurley laughed when it came out that they were to be christened Gabriel. But solid British country people are not much scared at the laughter of their neighbours when the pursuit of money is in question, and so on Sunday, the 7th of August, John Guest's infant son was borne to the font and baptised as Gabriel, and on Sunday, the 21st of the same month, George Guest's infant son followed his infant cousin and was likewise baptised into the name of the man with the family money.

Having complimented the old boy in this direct and inexpensive fashion, the maltster and the lawyer alike drew back a little. They were shrewd men in their way, and they calculated on Old Gabriel's growing tired of the assiduities of cousins, nephews, and nieces half-a-dozen times removed. They were warm men themselves, and they felt the surer on that account. Everybody knows how money gravitates to money. Nobody ever leaves me anything, and my cousin Jack, who is richer than he ought to be, is always dropping in for legacies and remembrances.

There is no other such receipt for longevity as Old Gabriel possessed. If you desire to live long, all you have to do is to amass or inherit a fortune, live a lonely life, have a crowd of hungry relatives, and leave them in uncertainty of the final destination of your money. I never heard of a man who, living under such conditions, did not attain to a prodigious old age. In this case expectant cousins and nephews and nieces grew elderly and faded out of life, whilst Old Gabriel went on growing knottier and more gnarled, and to all appearances lustier and younger in constitution, year by year. In the sequel, at the ripe age of seventy-eight, he got married to a woman of thirty and openly proclaimed his intention to leave every penny to his bride. There, as a matter of course, the great Guest family money hunt ended and determined. But it left behind it the curious result already particularised. There were two Gabriel Guests in the little town of Thurley, each within a fortnight of the other in age, and almost as like each other as two peas out of the same pod.

At twelve years of age they were scarcely to be distinguished apart, except by their familiars, but as they grew older certain marked differences came out. At school they were naturally differentiated by their nicknames. John's Gabriel was known as "Malt," and George's Gabriel answered readily to the name of "Quills." There was no great faculty of invention here displayed, but the names hit the

popular sense of fun, and the lads were known as Malt and Quills until they reached young manhood. Before this Old Gabriel's marriage had healed the family feud, or, rather, had united the brothers in a common bond of contempt for an old idiot who had the indecency to disgrace himself and rob his relatives in such a fashion. The two Gabriels were constant chums and companions after this, and differences of character and aspect began to declare themselves in a surprising way. The maltster's son was lively and full of harmless mischief. He had something of a military air, though he was before the days of volunteers, and his aspect was full of genial swagger and bounce. At the "King's Arms" he used to get the chambermaids in corners and kiss them under the very eyes of the landlady, who was a dragon in her way, and when remonstrated with made tender overtures to Mrs. Winship herself, going so far as to chuckle that mature lady under the chin, remarking that he remembered her when she was the finest woman for forty miles round, and as ready for a bit of innocent fun as any of 'em. A young man not to be resisted by the feminine heart. A young man broad in shoulder and clean in limb, with an engaging roguish smile which always sparkled with comic secrets.

Now, George's Gabriel grew up shy, and whilst the young maltster swaggered and flirted round all the girls in the parish, the young notary shrank out of notice, and fell honestly in love. He thought it a little wicked to sit in the parlour of the "King's Arms" drinking hot hog on a winter's evening. He was very abstemious, and he hated smoke and the new fashion of wearing whiskers. It happened once that business took him to that honest old hostelry in which too much of his cousin's time was spent. It was Christmas Eve, and growing dusk—so dusk, indeed, that only the reflection of the white snow outside made objects visible within the dim portals of the "King's Arms." It chanced that a saucy barmaid—a niece of the landlady's, and a very nice-looking young person as I remember her—mistook the young attorney for the young maltster, and springing forward with a sprig of mistletoe between her fingers audaciously exercised the privilege of the season and kissed him. I suppose that sort of thing would be thought improper nowadays. I rejoice that I was brought up in times less censorious and precise. In rustic places like Thurley, in my day, few people thought ill of a kiss or two. But the damsel assaulted the shy Gabriel instead of the impudent one, and the shy Gabriel bolted, and for many and many a day was seen no more within the doors of the "King's Arms."

It was about this time that the maltster broached to his brother the attorney a notable scheme, a scheme which, when carried into effect, was generally looked upon as a thing to shake society in Thurley to its foundations. The scheme was that the two fathers should send the two lads to Heidelberg for a couple of years.

"'Twould finish them off, and make men of them," said the maltster. "What's that Shakespeare says? 'Home-keeping youth have ever homely wits,' that's it. 'Home-keeping youth have ever homely wits.' It's a true word, that. There's no harm in my lad, but he's a bit too lively to run smoothly by himself, and if you'll let your lad go with him, they'll get a knowledge of the world together. My lad will make yours a bit more sprightly, maybe, and your lad will make mine a bit steadier."

"Do you think, John," asked the lawyer, "that lads get much good out of that sort of thing—life in foreign cities, eh?"

"They'll get no harm," said the other. "I'll back your Gabriel to hold his cup upright wherever he goes, and I'm willing to risk my lad for his own good. And, beside all that, we've got to look at our position. We're two of the warmest men in the township, and we're looked up to to show the way. And I will say, John, it would be a bad day for Thurley when Westrip can say that the lawyer and the maltster of this parish are behind their time, and can't keep pace with it."

"Why," asked the lawyer, "what about Westrip?"

"Lawyer Meade has sent his lad to a German school, and so has that stuck-up old fool, Jenner."

Jenner was a rival maltster, and Meade a rival attorney.

"We could buy 'em up," said the maltster, with some heat, "and scarcely know we'd done it."

"I'll turn it over, John," said the lawyer, cautiously. "I'll go to sleep upon it."

"Very well, George," returned the maltster. "I've been making inquiries, and am completely posted; we can't be hurried for a week or two. It seems a sort of a Providence," he added reflectively, "that we two should be brothers, and able to give a countercheck."

If Lawyer Meade and Maltster Jenner had not hit upon the notion—somehow or other—of sending their lads to Göttingen, it is pretty certain that the two Gabriels would never have gone to Heidelberg, but in view of the facts the mothers of the lads were easily persuaded to the enterprise, and both the youngsters were naturally elated at the prospect of a two years' residence abroad.

The young lawyer's elation was dashed considerably by the fact that he was in love, and he made melancholy verses about the forlornness of his condition. Being at church the last Sunday of his stay in his native parish, he stole furtive looks at his beloved until he found out that he himself was an object of general interest to the congregation, from which time he shrank within himself and observed no more. He had had the good taste to fall in love with the prettiest girl in the district, but he had never had the courage to proclaim his condition. So far the slavery in which he lived had been almost life-long. He used to carry apples in his trousers pocket to church in his boyhood, and, being too shy to present them to his pretty Jane, he had always eaten them himself, with something of a sense of sacrilege, as he walked homeward through the lanes. He thought now that those childish episodes were typical. He was, as I have said, of a verse-making turn, and he likened his past consumption of intended gifts to his present consumption of his own heart in secret.

"You are going away to Germany, Mr. Guest?" said the pretty Jane, advancing to him of her own accord, after the service.

"Yes," said shy Gabriel, "we start to-morrow." He nerved himself. "I can't tell you how sorry I am to leave"—he was going to say *you*, but wound up with *everybody*.

The pretty Jane dared say he was. Very sorry, beyond a doubt. There was a trace of coquetry in the little maid's toss of the head, a touch of satire; perhaps, behind the coquetry and satire something more flattering to Gabriel's hopes than either.

"I am," protested Gabriel, "I am, indeed."

"Sorry to leave everybody?" said Jane.

"If I were going away, I might be sorry to leave somebody; but I don't think I should cry over all the parish, either."

"I am sorry to leave somebody," said Gabriel.

"I am, indeed, Miss Hartland."

"Of course you are sorry," returned little Miss Hartland, in an almost business-like manner, "to leave your father and mother and—your—uncle."

"I ought to be sorer to leave them than I am, I'm afraid," said Gabriel, dropping his eyes blushing, and stammering in his speech. "But there's somebody else." How do shy men and nervous youths find the desperate courage to say this kind of thing? "It's a—young lady."

"Oh, indeed?" And the pretty Jane tossed her head with more of coquetry and satire than before.

"It is," said the desperate Gabriel, "the prettiest girl in Thurley—the prettiest girl in the world, I do believe."

"That's Miss Hill, I suppose," said the young lady.

You must understand that Thurley is not much of a parish in point of size, and that it is, or was, a good deal scattered. The parish church was at one end of it, away among the fields, a grey, timeworn, ugly edifice, with a Norman tower six centuries old, or thereabouts, built as a religious centre for a widely-scattered and sparse population. Thurley parish had grown clean away from it, partly because of the discovery of stone quarries. So the walk of these young people led them through the fields, and Gabriel taking in his shy blindness a wrong turning, the young lady somehow



followed, and the country road on which they entered had high hedges on either side, in which, at that season of the year, the dog-rose blossomed. This pretty lane made a round-about circuit, but it led homewards after all. I am inclined to think that pretty Jane and shy Gabriel were neither the first nor the last couple who took that road from the parish church to the pump, doing a little love-making by the way. The country lane is abolished now, and a railway embankment bisects the ground that knew it—more's the pity.

"That's Miss Hill, I suppose?" said the young lady.

"No, indeed," cried Gabriel, stung by the supposition. Miss Hill was pretty Jane's rival, and was well enough to look at. Young Price, the corn-chandler, got himself shot for her sake at the Redan, half a dozen years later, and two or three other young men were moody with Providence in their secret hours on her account, but she had no fairness for Gabriel.

"Perhaps it's Hetty Meade?" said Jane.

"But she lives at Westrip."

"Guess again," said Gabriel, who, for a shy youth seemed to be getting amazingly impudent on a sudden.

"What is she like?" asked Jane.

"She's like an angel," answered Gabriel, promptly.

"Then I don't know her," returned the little damsel, with a third toss of her head. "Was she at church this morning?"

"Yes," said Gabriel.

"Have I ever seen her?" asked Jane.

"Often," the tender swain replied.

"Where?"

"In the glass," said Gabriel. "Oh, Miss Hartland! I am going away for years, perhaps for ever, and I never thought I should have the cheek to tell you how I love you. But—I do love you, and I seem to have loved you always, ever since I can remember."

This was pretty well for Twenty, and sweet Seventeen hung its head like a drooping rose. One or two glittering dewdrops fell over the hot cheeks, and dripped into the summer dust. A mere affair of boy and girl? Of course it was, and therefore all the prettier and the sweeter and more innocent. Good elderly reader, who like your literature a little more highly spiced than this, don't you wish that you were twenty once again, and under like conditions? I do. Read on, then, and take an interest in this simple and true story. As yet, you know nothing of the tragedy in store.

Shy Twenty, grown desperate and audacious, got an arm somehow round the waist of sweet Seventeen. The slender little waist, the little fluttering heart beneath the lad's hand, the rosy cheek near his, the moist shy eyes (like drooping pansies with the dew upon them) bent downwards and averted, the ruddy little mouth quivering somewhat—think of all this, uninterested old man, already apostrophised, and recall thine own youth and the sweetness thereof, if, indeed, it had any.

"Are you sorry that I'm going?" asked Gabriel. His cheek, which was like a peach, touched hers which was like a rose, and a tear trickled from the rose to the peach. He was not a hard-hearted young man—he was not old enough to have grown callous to beauty's tears—but yet that drop delighted him.

When I was a little fellow, I used to puzzle myself as to where the light went when my nurse put out the candle. Gabriel's shyness found the same bourn, perhaps, and it is certain that the one never vanished more completely than the other.

He kissed away the tear from her cheek and whispered his question anew.

"Yes," said the little maid, in a fluttering whisper.

Then he asked her—could she love him ever so little if she tried? She laughed a little, and looked at him with the sweetest shy eyes in the world, and then dropped the shy eyes swiftly. And I dare say that, in spite of the pang of parting, they were very fairly happy. Gabriel promised to write often. And when he was one-and-twenty he would tell his father of his intent, and he would never, never marry anybody but the pretty Jane, if he died a forlorn old bachelor. And the pretty Jane having given the like assurance of fidelity, they kissed each other simply, and with no remainder of

coyness, like the children they were, and took sad sweet leave.

Next morning the coach bore the two Gabriels away, and they had started for distant Heidelberg, quite a long journey for anybody in that part of the world. Gabriel the elder had kissed all the chambermaids at the "King's Arms," and few girls with any pretension to good looks in the parish went free of that tax of friendship. But he had not promised to marry any of them, and had not the remotest idea that way.

(To be Continued.)

## MONEY MAKING FOR LADIES.

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(Continued from page 247.)

### ART INDUSTRIES.

THE schools of design which have been opened in certain quarters afford ladies many advantages for learning how to make money pleasantly. The course is rather tiresome, perhaps, for a grown person, and especially for one feeling the necessity for speedy returns for any investment, even of time—four years sometimes being required thoroughly to master an art; but pupils can always arrange to learn one branch in a limited period.

The instruction is thorough and the charges very moderate. The industrial branches of the fine arts receive especial attention, and the opportunities for acquiring a practical knowledge of designing, lithography, wood engraving, &c., in addition to all kinds of drawing and painting, are quite unrivalled.

It has been said that the greater part of the higher order of designs are practically unavailable from want of knowledge on the part of the designer of the conditions of the particular manufacture in question. The economic possibility and aptitude are not studied, and hence, the manufacturers say, are enormous wasters of thought, skill, and industry. This want supplied, a field of industry practically boundless would be opened to female artists, as well as artisans; and it would be an enlightened policy to look to this.

These considerations make the popular stories of heroines who achieve, without any preliminary training, the highest success in their first attempts at designing, utter absurdities—the most unpretentious of wall-paper patterns requiring some ideas of means to an end to make it available. Such employments are delightful enough in themselves to repay a reasonable amount of application to the study of rudiments, and a well-grounded designer, with an inventive fancy, will find abundant and well remunerated work. There are admirable private teachers of all things to be found by advertising or searching the advertisements. Practical skill in drawing is absolutely essential to a good designer, and with this foundation; the study becomes an easy one. Wall papers and calicoes consume endless designs, and in addition there are carpets, silks, ribbons, furniture, lace, silver, jewellery, &c.

Many ladies make quite a handsome income by drawing for patent agents, &c., the drawings being chiefly linear, mechanical ones, and the remuneration varying according to ability. The fact, however, is emphasised that "it requires mechanical knowledge, which is not very often possessed by women, but is a branch of industry that would be found both pleasant and profitable, especially if they were prepared for it by an elementary course in the public schools. It is not a branch that admits of much display, and is, therefore, almost entirely neglected, or taught in such a way as to be entire futile for all practical purposes."

Architectural drawing is also a useful, pleasant, and very profitable acquirement, and there is no reason why women should not be eminently successful as architects. Houses planned by ladies could scarcely fail to be more satisfactory in detail and very much more convenient; and some very attractive and comfortable houses have been so planned. It is quite an unusual thing to see a lady pursue the study or practice of architecture, and yet "the wife of Erwin von Steinbach materially assisted her husband in the erection of the famous Strasbourg Cathedral, and within its walls a sculptured stone represents the husband and wife as consulting together on the plan." Neither

lived to see it completed. He died in 1318, and his son, Jean Erwin, took up the direction of the works. He was succeeded by Helz, of Cologne, in 1339.

Almost every woman sees something to change in the house she inhabits, and knows just how she would have ordered the arrangement of closets, staircases, &c., to economise room to the best advantage; but without some knowledge of the rudiments of architecture it is not easy to draw a plan that can practically be carried out. A proper course of instruction, combined with the natural inclination of women for comforts and conveniences in the place where so much of their lives is spent, would result in a new and improved order of house architecture, as well as remunerative and ladylike employment to many who are now wondering what they can do.

Engraving of various kinds should be a popular branch of study—a knowledge of this art insuring constant and remunerative employment.

While it is well worth while to receive instruction in matters connected with the industrial branches of the fine arts, it is also as well to aim at a higher and more æsthetic culture. China painting, tile painting, art needlework, panel painting, and everything of an ornamental nature that conforms to the principles of true art should receive careful attention.

China painting produces, perhaps, the most popular and profitable results of any of the art studies; and almost anyone, with an eye for colour and some knowledge of drawing, can easily acquire it. A lady who had successfully practised ordinary drawing, although quite self-taught, managed in the course of a single day spent in a school of design to become sufficiently acquainted with the principles of painting on china to take up this delightful occupation, to the satisfaction, at least, of herself and her friends.

The decoration of fans, now so much in vogue, is almost a branch by itself; but it is expressly stated by one who deals in these articles "that to be received they must show especial excellence in the combination of harmonious colouring and form, and the appropriateness of the decoration." Birds, butterflies, and all winged creatures, are supposed to be particularly suited to objects that have such intimate relations with air—flowers have run riot over them for centuries—and figures have also been introduced with less good taste perhaps than any other device.

Some fans were beautifully ornamented lately with *pen etchings*, resembling the finest engraving by a lady whose tasteful fingers never seemed to make a mistake in the most delicate of undertakings. These dainty articles were in great request for Christmas presents among those who could afford to pay for them; and, in one instance, the fan, a very beautiful one of pale pink silk, with pearl handles, was furnished, and four pounds paid for the work alone. The artist confessed that she began her task with trembling fingers, fearful of spoiling the valuable article committed to her care; but courage came as the work progressed, and her labour was crowned with even more than its usual success.

Hand-screens, so indispensable since open fires and chimney-pieces have been made much of, also afford a wide field for decoration to those who can handle the artist's brush; and whether painted in rich colours, or delicately traced in sepia and Indian ink, they are sure to be pretty and ornamental. Many of the Chinese and Japanese articles of this sort suggest ideas to be partly adopted and improved upon.

Plaques, either of china or smooth wood, are endless in design, and, when well painted and handsomely mounted, make very satisfactory mural ornaments. Very beautiful designs for plaques are frequently the work of lady artists, and prizes are sometimes offered for those of superior merit.

There are many remunerative pieces of work for those who can produce pleasant effects with colour, although unable to attempt the higher works of art—dinner cards, neckties, and even buttons coming in for a share of ornamentation. A lady lately produced a set of them for a black silk dress with minute forget-me-nots; and the effect, enhanced by larger sprays of the same flower at each corner of the vest, was extremely pretty.



Some inventive genius originated the idea of medallion sets painted on silk of various colours over large button-moulds—necklace, earrings, brooch, bracelets, in one pattern of flowers; and before they were too extensively imitated, they were thought very pretty and tasteful. They were quite profitable, too, to the artist, as they were quickly done; but they had their day, and some other small invention, equally pretty, received as warm a welcome.

The painting of panels for doors and rooms, has become an important industry, and brightness and beauty are fast taking the place of wooden monotony. Ladies who are gifted in their own invention may almost be said to hold a fortune at the end of their brushes. One lady, at least, may be cited who, in this department of decorative art, has always as many engagements as she is willing to take, and at her own price.

Illustrations for books, if bright and original, are always in demand; and in writing for children, especially, pictures go a great way. It sometimes happens that two friends can use together pen and pencil—one writing and the other illustrating; and by combining these talents on the same piece of work, better results are accomplished than by working separately. A little sketch, or poem, sent to a periodical for children, if accompanied by an apt illustration, has many more chances of acceptance where an equally good article without the picture might stand less chance.

Occasionally a delightful correspondent, whose letters are only designed for the eyes of personal friends, will illustrate the people or the scenes she describes with a few characteristic strokes, in such a life-like way that the scene or person is there before the reader; and these careless sketches, if published, would often put to shame the work of popular comic artists.

This inimitable gift, with the usual contrariety of fortune, is usually bestowed on those who do not employ it, except for the amusement of themselves and their friends; but anyone with a ready pencil for illustration has a direct way of money-making close at hand.

#### HOUSE DECORATION.

The domain of art is wide, and offers a variety of employment to those who understand it, not only in creating, but in selecting and disposing of the creations of others.

Two well-known English ladies in London have made a large and profitable business of *house decoration*, in painting, woodwork, and furniture, first fitting themselves for the undertaking by a thorough education in art, and exhibiting in their own house, with its admirably chosen belongings, sufficient proof of their qualifications. The arrangements of this house are described by visitors to be not only uncommonly beautiful, but beautifully uncommon. Of these belongings the owners can discourse delightfully for hours together, and they have published a small book on the subject of house decoration.

Formerly, people who had money to spend on house furnishing were satisfied to give a fashionable upholsterer *carte blanche* for the furnishing of the new house, with the laudable object of making it look as much as possible like other people's. But all that has been changed, and the furnishing of the present day aims at individuality. Art, of course, above and beyond everything, say the reformers; but, after this, let us be original. To have something that our neighbours have not, and are not likely to have, is a positive happiness.

"Until lately," writes Miss Garrett, "a house decorator—to all except the extremely wealthy—has meant simply a man who hangs paper and knows mechanically how to paint wood. In his proper place he would fulfil the part which a dispenser does to a doctor—he should be able faithfully to follow directions; and, as a rule, this rôle he is able to fulfil. But a decorator should mean some one who can do more than this. He should be able to design and arrange all the internal fittings of a house—the chimney pieces, grates, door-heads, as well as the wall hangings, curtains, carpets, and furniture. All these it has hitherto been customary to intrust to different people, none of whom has had any part in the deliberations of the others. The consequence of such a disjointed

arrangement has been that, in modern houses, one seldom finds a room which makes an harmonious whole."

These ladies are themselves able to meet all these requirements; but they are exceptional cases. There is no reason, however, why other ladies with an equal amount of taste, even though lacking their educational advantages, should not do as well as they have done. Wealthy people are constantly furnishing and refurnishing their houses, and many of them, having more money than taste, would gladly pay for the guidance of a cultivated eye and a ready perception of harmony and fitness. House decorative art is one for which ladies are particularly fitted, but with which they, as yet, have little to do. "When a house—the very centre of a woman's kingdom, and the place where she spends most of her time—is to be furnished and decorated, men are called in to decide what hues shall prevail, what hangings and carpets and other belongings shall meet my lady's eyes day after day; often what pictures shall hang on the walls, what books shall come, like silent friends, to take up their abode with her." This is not a man's business at all, but a woman's; and, if well conducted as a business, it might be made very remunerative.

(To be Continued.)

## RECIPES FOR TWO CELEBRATED KINDS OF PUNCH.

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#### ROMAN PUNCH.

THIS delicious but insidious punch or semice is a most delightful and refreshing luxury for the summer solstice. But to fully appreciate and enjoy its rare excellence, it should be eaten at a fine dinner, as a *coup de milieu*, during the intervening time between the roast and game courses. Taken at that time, it cools and refreshes the palate, and whets the appetite anew, so as to enable the diner to go at it again with all the zest of a fresh start. A French lady once enjoying this fine ice, is said to have exclaimed, "What a pity this pleasure is not a sin!" Taste and morality, so Parisian need no comment.

The history of *punch à la romaine* is somewhat curious, and deserves mention. It had been for nearly a century the summer refreshment of successive Popes, and their cooks were threatened with the horrors of the Holy Office if they ventured to impart the secret of its preparation. The invasion of Italy by the great Napoleon, in 1796, served to break through this terrible interdict; a young man named Molas, son of the chief confectioner of Pius VI., no sooner saw the French eagles soaring over the Eternal City, than he ran away from his father, leaving the patty pans and jelly bags of the Vatican to their fate, and united his fortunes with those of the conqueror.

Young master Molas became a favourite servant of the ill-starred Josephine; when she died he obtained a situation in the culinary establishment of the Russian Prince, Lieven, and accompanied his excellency to London on his appointment as Ambassador to the Court of St. James. The Prince was the first to introduce the Papal delicacy in London, and the guests who partook of it at the Prince's table were thrown into ecstasies.

The recipe was sent to Carlton House, in compliance with the wish of the Prince Regent, and his royal highness permitted copies to be given to a select few of his friends; by degrees it became better known, and is now made in a more or less degree of excellence the world over. The veritable Vatican recipe, and manner of serving it, is as follows:—

Prepare a very rich pine-appleade or sherbet, have it a little tart with lemon juice, taking the greatest of care that none of the zest or oil from the yellow rind, or the bitterness from the white underlying pith be allowed to enter into the composition of this sherbet; in order to be certain of this, it is best first to grate off the yellow rind from the lemons, then to carefully remove all the white pith, and, to "make assurance doubly sure," wash the skinned fruit in clear water, after which press out the juice free from all flavour from the rind of the fruit; strain the juice so as to remove all the seeds or

seeds from it; then add it to the pine-apple mixture. It must then be well frozen; this sherbet, being very rich, will not freeze hard, but will be a semi-ice.

Just before the punch is to be served, add and work into it, for every quart of the ice, one gill of old Jamaica, and for every two quarts one pint of the best champagne. Never use the wine from damaged bottles or leaky corks, as it will be sure to deprave and, perhaps, entirely spoil your punch. After you have well incorporated these liquors add a cream or meringue mixture.

Some of the grand old epicures and bon vivants of our day have varied, and, in fact, almost reversed the above old and revered formula, by making the sherbet for this punch in the following manner:—

Select, say three dozen lemons, the coats of which are smooth, and whose rinds are not too thin; peel these with a sharp knife into a large earthen or china vessel, taking care that none but the thin yellow rind be detached, which is that portion in which the cells are placed containing the essential oil of the fruit. When this part of the process is completed add two pounds of broken lump sugar, and stir the peel and sugar together with a wooden spatula for half an hour, thereby extracting the greater portion of the essential oil. Next pour boiling water into the vessel, and stir steadily until the sugar is completely dissolved. Then cut and squeeze the lemons, strain the juice, put the seeds or pips into a separate vessel, pour boiling water upon them; these pips are enveloped in a thick mucilage, full of flavour; now throw into the sherbet one-half the lemon juice, and as soon as the pips are free from their transparent coating strain off the liquor and add it to the mixture. Now taste it, and add more sugar or more acid as may be required, only taking care to have it rich of the fruit with plenty of sweetness.

For every half-dozen lemons used beat up the whites of three eggs to a stiff snow, and pour upon them half a pound of simple syrup that has been boiled to the thickness of molasses and cooled; mix well together, and add and work it into the frozen sherbet. When you are about to use it, add spirits in the following proportion: for every six lemons used add half a pint of old Jamaica rum, half a pint of Cognac, a wineglassful of genuine maraschino, and a pint of the finest champagne. Work these well in and freeze again for a short time; serve in small crystal goblets, and with a thankful heart proceed to discuss.

This fine iced punch must not be confounded with, or judged of, by the miserable stuff compounded and sold in a majority of the shops of our great cities, which is only a poor diluted specimen of orange, lemon, or pineapple ice, with a little common coloured whisky (called brandy) poured over it, it is then dubbed with the grand old name of Punch à la Romaine, and sold to the unsophisticated as the genuine article.

Having now given the Pope's delectable beverage, let us see on what the Cardinals, the Princes of the Church, cool their palates and whet their appetites:—

#### PUNCH A LA CARDINAL.

Obtain green bitter oranges, remove with a sharp knife the thin green rind; let it dry for a few hours in the air, then roast it to a golden brown colour, after which put it into a bottle and cover it with deodorised alcohol; cork it tightly up and set it in the sun or in a warm situation to infuse for six or eight days. This extract or infusion being ready, prepare your sherbet in the same manner as for Roman punch, except that you leave out the Jamaica rum entirely, and use only champagne, and sufficient of the bitter orange infusion, which must be the predominating flavour. This ice should be tinted of a fine scarlet colour, with a little prepared carmine or vegetable red. It may also be served with or without the boiled meringue mass.

If the party be composed of gentlemen only, the meringue may be left out; but if ladies be present, it should be incorporated and served in the same manner as Roman punch.

In the first recipe here given the grated yellow rind of the lemons used should not be wasted. Put it into a bottle and cover with deodorised alcohol or with brandy. Cork it



up tightly, and set it in a warm room for a couple of weeks, with daily agitation, at the end of which time you will have a fine lemon extract, which you can use for flavouring creams, jellies, puddings, &c.

## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

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WOMAN IN MUSIC.—(Continued from page 246.)

THE most palpable answer, and the only one that is fairly indisputable, is, that, having had equal advantages with men, they have failed as creators. This somewhat Milesian reply is illustrated in Mr. Bulwer's novel of "The Parisians." Isaura Cicagna, writing to her friend Madame de Grantmesnil, informs her that she has consulted Dr. C. upon the subject of writing music instead of entering stage life as a *prima donna*; to which the doctor replied: "My dear child, I should be your worst enemy if I encouraged such a notion. Cling to the career in which you can be greatest; gain but health, and I wager my reputation on your glorious success on the stage. What can you be as a composer? You will set pretty music to pretty words, and will be sung in drawing-rooms, with the fame a little more or less than generally attends the compositions of female amateurs. Aim at something higher, as I know you would do, and you will not succeed. Is there any instance in modern times, perhaps in any times, of a female composer who attains even to the eminence of a third-rate opera-writer? Composition in letters may be of no sex. In that Madame Dudevant and your friend Madame de Grantmesnil can beat most men; but the genius of musical composition is *homme*, and accept it as a compliment when I say that you are essentially *femme*."

Conceding that music is the highest expression of the emotions, and that woman is emotional by nature, is it not one solution of the problem that woman does not reproduce them because she herself is emotional by temperament and nature, and cannot project herself outwardly, any more than she can give outward expression to other mysterious and deeply-hidden traits of her nature? The emotion is a part of herself, and is as natural to her as breathing. She feels its influences, its control, and its power; but she does not see these results as man looks at them. He sees them in their full play, and can reproduce them in musical notation as a painter imitates the landscape before him. It is probably as difficult for her to express them as it would be to explain them. To confine her emotions within musical limits would be as difficult as to give expression to her religious faith in notes. Man controls his emotions, and can give an outward expression of them. In woman they are the dominating element, and so long as they are dominant she absorbs music. Great actresses who have never been great dramatists may express emotions because they express their own natures; but to treat emotions as if they were mathematics, to bind and measure and limit them within the rigid laws of harmony and counterpoint, and to express them with arbitrary signs, is a cold-blooded operation, possible only to the sterner and more obdurate nature of man. As I have said, so long as the emotions are dominant, she absorbs music. When the emotions lose their force with age, her musical power weakens. Almost every man who has learned to play an instrument, or to sing, be it ever so poorly, and be his troubles or his cares ever so pressing, continues to play or to sing as long as he has strength.

Max Müller, in his "Deutsche Liebe," has a neat illustration of this. He imagines one returning to his native village after an absence of many years. As he wanders about the streets he finds a familiar house: "Here the old music-teacher lived. He is dead; and yet how beautiful it seemed as we stood and listened on summer evenings under the window as the faithful soul indulged in his own enjoy-

ment, and played fantasies as the roaring and hissing engine lets off the steam which has accumulated during the day."

The large majority of women drop their music long before the hair grows grey, or at the first touch of sorrow. This may be due partly to the effect of forced and unwholesome practice in these days, when it is thought that every girl, whether she have musical intelligence and ability or not, must learn to play the piano, and partly to the engrossing demands of household cares. But these causes do not explain what is a general rule; while, in the matter of care, even the pressure of business does not divert man's attention from his music. On the other hand, he turns to it, even in his old age, for rest and solace.

There is another phase of the feminine character which may bear upon the solution of this problem, and that is the inability of woman to endure the discouragements of the composer, and to battle with the prejudice and indifference, and sometimes with the malicious opposition, of the world, that obstruct his progress. The lives of the great composers, with scarcely an exception, were spent in constant struggle, and saddened with discouragements, disappointments, the pinching of poverty, the jealousies of rivals, or the contemptuous indifference of contemporaries. Beethoven struggled all his life with adverse fate. Schubert's music was hardly known in his lifetime, and his best works were not known until after his death. Schumann is hardly yet known. There is scarcely a more pitiable picture than that of the great Handel struggling against the malicious cabals of petty and insignificant rivals for popular favour, who are now scarcely known, even by name. Berlioz's music is just beginning to be played in his native country; Wagner has fought the world all his life with indomitable courage and persistence, and has not yet established a permanent place for his music.

There is scarcely a composer known to fame, and whose works are destined to endure, who lived long enough to see his music appreciated and accepted by the world for what it was really worth. Such fierce struggles and overwhelming discouragements, such pitiless storms of fate and cruel assaults of poverty, in the pursuit of art, woman is not calculated to endure. If her triumph could be instant, if work after work were not to be assailed, scoffed at, and rejected, there would be more hope for her success in composition; but instant triumphs are not the rewards of great composers. The laurels of success may decorate their graves, placed there by the applauding hands of admiring posterity, but rarely crown their brows.

It is a curious fact that nearly all the great music of the world has been produced in humble life, and has been developed amid surroundings of poverty and in the stern struggle for existence. The aristocracy has contributed very little to music, and that little can be spared without detriment. Nearly all the masters have been of lowly and obscure origin, and have lived and died in comparative poverty; for, with rare exceptions, musical composition has been miserably unremunerative until within the last fifty years. The enduring music has been the child of poverty, the outcome of sorrow, the apotheosis of suffering. Sebastian Bach was the son of a hireling musician; Beethoven's father was a dissipated singer; Cherubini came from the lowest and poorest ranks of life; Gluck was a forester's son; Haydn's father was a wheelwright, and his mother, previous to marriage, was a cook; Mozart's father was a musician in humble circumstances, and his grandfather a bookbinder; Méhul was the son of a cook; Rossini's father was a miserable strolling horn-player, who led a wild, Bohemian life; Schubert was the son of a poor schoolmaster, and his mother, like Haydn's, was in service as a cook at the time of her marriage; Schumann was a bookseller's son; Verdi, the son of a Lombardian peasant; Wagner, the musician of the future, was born in humble circumstances, his father having been a petty municipal officer, and his stepfather an unpretentious portrait painter, who at one time had also been a very poor actor.

Among all the great composers, but two were born in affluence—Meyerbeer and Mendelssohn. With these two exceptions, they developed the grandeur, the sublimity, the passion, and the

majesty of their music, out of the storms of life, the pangs of sorrow, and the hard battle with fate. In this sphere the lot of woman is bounded by homely but unintermitting cares. Her existence is devoted to the same tedious routine of labour from the rising to the setting sun, which has few intervals of relaxation, certainly no leisure for musical effort. Its demands are so exacting that she has neither time nor disposition for the theoretical application which musical composition requires.

But even assuming that woman had the disposition and the leisure to devote to musical composition, would she *then* succeed? The bluntest answer to this is that she has not succeeded when she has had the opportunity. But there is another way, perhaps, of arriving at an answer. Woman reaches results mainly by intuitions. Her susceptibility to impressions, and her finely-tempered organisation, enable her to feel and perceive, where man has to reach results by the slow processes of reason. So far as music is a matter of emotion, she is more immediately sensitive to it than man. She absorbs it more quickly, if not so thoroughly; she discriminates with more nicety, and often judges with more impartiality; she recognises what is true and what is false more quickly. If music were only an object of the perceptions; if it simply addressed itself to the senses; if it were but an art composed of ravishing melody, of passionate outbursts, of the attributes of joy, grief, and exaltation, and vague, dreamy sensations, without any determinate ideas, woman possibly would have grasped it long ago, and flooded the world with harmony as she has with song; but music is all this, and more, for these are only effects. It is not only an art, but an exact science, and, in its highest form, mercilessly logical and unrelentingly mathematical. The imagination does not have a free flight, but is bounded within the limits of form. The mere possession of the poetical imagination, and the capacity to receive music in its fullest emotional power, will not lead one to the highest achievements in musical art. With these subjective qualities must be combined the mastery of the theoretical intricacies, the logical sequences, and the mathematical problems which are the foundation principles of music. In this direction woman, except in very rare instances, has never achieved great results. Her grandest performances have been in the regions of romance, of imagination, of intuition, of poetical feeling and expression.

For these and many other reasons growing out of the peculiar organisation of woman, the sphere in which she moves, the training which she receives, and the duties she has to fulfil, it does not seem that woman will ever originate music in its fullest and grandest harmonic forms. She will always be the recipient and interpreter, but there is little hope she will be the creator.

However this may be, there is a field in which she has accomplished great results—namely, her influence upon the production of music. She has done so much for music that it is not exaggeration to claim that, without her influence, many of the masterpieces which we now so much admire might not have been written at all; that the great composers have written through her inspiration; and that she has, in numerous notable instances, been their impulse, support, and consolation.

(To be Continued.)

**EATING CLAY.**—The practice of eating considerable quantities of clay, as a necessary supplement to too insufficient nourishment, is known to be almost universally diffused among the savage peoples of Africa, America, and Asia. Among the Indians of the banks of the Amazon clay forms a part of the fare even when other food is abundant. Edible earth is sold in the markets of Bolivia, and a kind which has an agreeable odour is much esteemed among the Peruvians. The Indians of the Dutch colonies of Java and Sumatra submit an edible clay to a peculiar preparation, reducing it to a paste with water, separating all foreign matter from it, and spreading it out in thin layers, which are cut into small cakes and cooked in a saucepan over a charcoal fire; each of these little cakes, which is rolled up, looks like a piece of dry bark. This singular food has a slightly aromatic flavour that offsets its earthy taste.





## BEES AND BEE-KEEPING.

—G—

(Continued from page 233.)

Of course, in our brief treatise we think more of amateur and young keepers than of those who make a business of it. These will have to go into the study of the numerous elaborate treatises on the subject, and to wait until experience, that best of masters, makes them perfect.

De Gelieu contains some curious items about bees.\* We will summarise a few. "Almost all authors," he says, "speak of four different kinds of honey bees. I frankly acknowledge that I know of but one, and that all the bees I have seen are equally profitable when properly taken care of. As to their language, a slight buzzing or confused noise, and a sharp sound, are signals by which they proclaim their danger and seek assistance from each other. They appear to have the power of communicating their desires, their fears, their situation, and their circumstances. The language, or whatever name is given to it, suffices to procure a certain end; and of which I shall give a few examples.

"When a hive has lost its queen a general agitation takes place that cannot escape the notice of the most ordinary observer. They seek about for her on all sides, and, if she cannot be found, they set to work to supply her place. For this purpose a great cell must be constructed, to serve her for a cradle; a single working bee cannot manufacture it. There must be absolutely a concerted plan—to choose the place to do the work, to transport the newly-hatched maggot, to nurse it suitably, and properly to close the cell when it is to undergo the metamorphosis.

"There also must be the same reunion of wills and efforts when it relates to the getting rid of a moth that has established itself in the comb. They must establish its presence, feel the evil it may do, examine with care the extent of the galleries, and agree in the plan of attack and mode of operation; and how can they form and execute this plan without the perfect concurrence of a great number of labourers? Such an agreement is impossible without some sort of a language.

"Is the hive to be cleansed? A general assessment is commanded, and the people instantly obey. A throng of labourers remove the dead, and carry out the little bits of wax that are on the board, which would otherwise serve to feed the moths. Each of these crumbs costs them a journey; and that toil is spared them when care is taken to scrape and sweep the board from time to time.

"Another scheme of agreement that indicates a language is where a bee finds honey—whether in a room, where it may have been deposited without shutting the windows, or in a stranger-hive, where it has gained entrance. It communicates to its companions, who rush out by hundreds and by thousands to obtain a share of the booty. How could they give this advertisement without a species of language, understood by every one of them?"

At the risk of being even tedious we must give another extract from Gelieu.

"The bees of a hive have the means of recognition, and of distinguishing their companions from every stranger bee; without which they could not defend their honey. In vain would the Creator have armed each of them with a formidable sting had they not been given to know the enemies which that sting was to pierce. Strangers would have gone in and out without risk of detection or punishment, mingled with the workers, and deprived them of treasures industriously collected. But

Nature which provided them with the means of defence, has also endowed them with the instinct to distinguish enemies from friends, even among their own species. Let a bee fall by accident, or driven by the wind, into a hive not its own, it is seized as one suspected of evil intentions, and put to death.

"What is their signal of recognition? What organ is the instrument? Is it the antennæ—those little flexible horns in front of their heads, or is it by the smell they recognise each other? A great inconvenience attending crowded apiaries, is that two or more hives may have the same signal; but happily in this case, which is a rare one, they have the power of changing the signal; in proof of which, the following circumstance happened with mine in one of the most abundant honey seasons.

"In the month of May I had lodged my first swarm, which was a very strong one, in a large strong hive. The weather being very mild, they set to work immediately, and very soon filled more than half of the hive. In a few days I observed it was invaded by a swarm belonging to one of my neighbours; that they went in and out without being detected, and that they were carrying out as much honey as my bees were bringing in. I shut up one half of their door, and for nearly a week whenever I was at leisure, I stationed myself near my swarm, and killed every day hundreds of the thieves, which were easily distinguishable by their shape—slender enough when they went in, but puffed up as they came out, with as much nectar as they could contain. This, however, did not stop them, and they continued coming and going in greater numbers till night, and beginning again early in the morning.

"I had plenty of sport, but my labour was labour was in vain, and I began to despair of saving my swarms, when, one afternoon, I perceived it to be agitated and troubled as if it had lost its queen. The bees buzzed about before the hive, and on the board, smelling and touching each other as if they would have spoken. It was to change their signal, and which in fact they did change during the night; and all the strangers that came next day were arrested and put to death. Some escaped the vigilance of the guards that defended the entrance, and doubtless warned the others of the danger they had escaped, and that they could no more plunder with impunity—they returned no more, and my hive prospered wonderfully."

The translator of this interesting little *valde-mecum* says—"One sunny forenoon in September my assistant turned up a hive to let me see the state of the community; the beautiful white wax was emptied of its honey, and fell down on the board, while the whole swarm lighted on my head and shoulders. Luckily I had hold of the fumigating bellows, and gave them a few gentle whiffs of tobacco smoke, while the assistant replaced the combs, and secured them with two small twigs of a young tree, and replaced the hive on the stand. They left me, flew back to their plundered habitation, and left not a sting behind. Since that time they have been plentifully fed with syrup; and when the winter sets in, they shall be supplied with barley sugar, and their houses well thatched with straw to defend them from the frost."

It is necessary to explain that Miss Graham's bee-culture was carried on in the high lands of Scotland, and that fifty years before the edition which we have before us, she translated the first for the benefit of her gardener, William Spalding, and published it at the request of friends. She says—"we were successful in reaping abundance of honey. Much, however, depends on a fine dry season, especially when the white clover is in flower; in this part of the country heather hills are too distant for their flight. This year (1875) and last year have not been favourable for our honey culture. Strange swarms came and took possession of the roof of the house, and dispersed themselves in various corners below the slates. When they came they pillaged the hives, and carried on deadly warfare, till thousands lay dead on the boards. Wasps have also been their great tormentors, and this season they have been exuberant everywhere. We straightened their doors, and then had recourse to the wet tablecloth, as advised by de Gelieu, and this proved effectual."

De Gelieu's words are as follows—"The closing of the hives is not practicable in hot weather, for then the bees would infallibly be suffocated if they were to be shut one hour. In this case I have saved several by covering them with a wet table cloth a second time. The few thieves who escaped the punishment of death from my bees, regained their own dwellings, spread the alarm, and no more returned."

Gelieu says briefly—"bees have no real disease." Dysentery, about which so much noise is made, and for which so many remedies are prescribed, never attacks the bees of a well stocked hive, that is left open at all seasons, but only those that are too long and too closely confined. They are always in good health as long as they are at liberty, when they are warm enough, and have plenty of food. All these pretended diseases are the result of hunger, cold, and the infection produced by a too close and long confinement during the winter."

But young bee-keepers are entitled to hear the other side. Mr. Taylor says: "The higher and the more equable the temperature, the less will be the requisitions for food or for excretions; whilst if the hive is allowed to become too cool, the increased exhaling of vapour entailed by extra feeding will cause a condensation upon the combs, possibly to be followed by a freezing over of the honey cells, and hence starvation of the insects, and also a subsequent thaw, begetting mould and fungoid growth. Apart, also, from the increased danger of dysentery from the large consumption of food, the very cold itself renders it impossible for the bees to retain their fæces, which they void over the combs, thus contaminating the air."

The presence of dysentery may be known by the sign already alluded to, by offensive smells and frequent deaths. The cause may be too much, as it may be too little water, late in the year. The remedy is to lift the hive off the board, scraping and washing away all impurities. Either a new board should be substituted or the old one well dried. Mr. Taylor says disturbance of the hive will often bring on the disease, as, when alarmed, the bees gorge themselves to inflation ready for flight, while their dislike to void in the hive brings on this disorder when they cannot venture out. Their bellies become swollen, and even bursting.

What is called "chilled brood" is more an accident than an illness. It is usually caused by a sudden fall in the temperature at the close of winter or beginning of spring, when the brood upon the outer combs are sometimes chilled to death. The bees will sometimes eject the chilled brood; if not, the bee-keeper must do so.

Van Berlefsch, who appears to include chilled brood among the forms of "uncontagious foul brood," speaks of the latter as sometimes liable to be occasioned by the food of the bees. As to foul brood, this dreadful malady, like the cattle plague and potato blight, seems to be a modern complaint. Dr. Prean, a German, to which nation so much is due by apiarists, explains this plague. He says that a certain thread-like fungus, which he calls *micro coccas*—so minute that a single cell will hold thousands of billions—is present in the infected larvæ. After considerable discussion and many experiments, it was proved that by the use of salicylic acid the disease might be combatted. It is said to kill as with a stroke of lightning the bacteria which are the originators of the foulness. As to the warning signs:—At first some ten or twelve cells will be observed to have their covers sunken in, some with a small round hole. Opening one, the larvæ will be found of a brownish colour, and with its head downwards. The form of the grub soon ceases to be recognisable, as it melts away into a clayey, slimy material. The bees attempt to gnaw down the cells, but finding that unavailing, they give up going out, and try to ventilate the hive by flapping their wings. Perhaps, on a fine day, they will leave the hive in a swarm. We give only the worst form, but at a future time may enter more fully into the subject.

Purified beeswax is tasteless, odourless, and colourless. It fuses at 145 F., is insoluble in water, and partly soluble in boiling alcohol. Beeswax is extensively used in the manufacture of candles and tapers, and for other purposes. The candles which are burned in Roman

\* "The Bee Preserver," by Jonas Gelieu, was translated from the French in 1829. This valuable little work contains the substance of sixty-four years' experience. The translator, Miss Sterling Graham, lived to bring out a second edition in 1876. It is invaluable if it can be obtained.



Catholic churches are always made of wax, which is also an ingredient in the cerates of pharmacy.

(To be Continued.)



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(Continued from page 252.)

In July the work of June is continued. The heat becomes greater, and precautions must be redoubled in order to defend them from drought, copious and frequent waterings. Many seeds may now be harvested. Do the same for turf and grass plats as in the previous month. Sow up to the twentieth brocoli, chicory, green scarlet, winter and spring spinach, parsley, and winter onions, chervil, carrots for seed, savoy cabbages, and ramprons (*rapunculus esculentus*). The last turnips should be sown, plant out towards the end of the month the last cauliflowers, cos lettuces, and leeks for the winter. Attend to the pruning of melons, cucumbers, tomatoes, egg plants. Suppress superfluous shoots. Be careful as to watering. Keep mats on the ground. Put under shelter glass bells, boxes, and frames which are now useless.

Continue the paling up of espaliers, and principally of peach trees. Carefully remove leaves which conceal the fruit. Pinch off redundant buds and cut away useless boughs. This work is necessary to the colour of the fruit. Continue looking after vines. The fruit which is produced this month, consists of cherries, figs, currants, early peaches, apricots, some plums, and a few pears.

There is little to be done this month among ornamental flowers in the open, all the *massifs* and beds being in their beauty. Raking and watering are, however, to be attended to, while cleanliness should reign throughout. Prop all plants which require it. Clip borders and hedges. Take up all grafts and roots, the leaves of which are dry, and keep them to be replanted in autumn. Collect seeds. Examine pelargoniums for extra shoots, which plant, and as soon as they take root put them in little pots, and keep them during the winter in the hothouse or under frames. Good border plants will thus be obtained for the next year.

In the case of other pelargoniums with large flowers the slips to be planted are under frames well guaranteed from the sun. At night there must be free admission of air, and the glass may be even removed if the weather is mild and there is no heavy rain to be feared. Lignaceous chrysanthemums can be reared very successfully in this way.

At the end of the month sow pansies. Water the slips very slightly. If the sun is very hot, water freely the earth round the slips, in order to keep up the necessary moisture. Much water must be lavished, especially in the evening; a good soaking is more useful at this time than heavy watering in the day time towards the end of the month.

In the greenhouse nothing is to be changed from last month. Continue the watering and bathing in the evening if the temperature is dry and hot. Keep the communicating pathways damp. During this month the nipping of buds can be carried out, especially in the case of those from temperate lands which are not sufficiently developed to flower. The more tropical plants should have the same care as is recommended in the previous month. Some of the more hardy should be freely exposed to the air, but guard them from high winds and a blazing sun. Orchids in pots or baskets should have the roots freely surrounded by moss, as this will keep the roots moist, as their drying up is dangerous. As for other plants cultivated in pots and in garden mould, the small shoots may be allowed to sprout, as well as some ferns, which come naturally. They will serve as thermometers, and their faded leaves will indicate the earth's degree of dryness and that there is not water enough in the earth to mature them. They are always more agreeable to the sight, and produce a better effect in greenhouses than

the brown and black colour of the earth in which the orchids grow. If this indigenous vegetation becomes too strong and is likely to injure the orchids, it must be got rid of.

Greenhouses must be carefully shaded from the moment the sun begins to shine on them until it has wholly retired. If the drought is very severe, throw a great deal of water on the paths, not only early, but about twelve. When it is cool, and the weather is warm and humid, admit plenty of air.

As they die off the tubers of anemones should be taken up and dried in the open, where there is free access of air and light, and when perfectly dry be packed up in thin bags and boxes. Auriculas must be shaded from the heat of the sun. If their drainage is defective, attend to it. Remove dead and dying leaves. Prick out any seedlings that may be large enough an inch apart, round the edges of pots. Balsams should be shifted into pots a size larger as those they occupy become filled with roots, and keep them near the glass, where they can have plenty of air during the heat of the day. Those you do not desire to bloom in pots may be at once put out in the borders.

If you have any bulbs in the grounds, no matter of what kind, that require looking up, do so at once; dry thoroughly, clean, and put away in paper bags till wanted for planting again. As campanulas are now fast growing in their blooming pots, secure the rising stems to proper supports, and as they advance from day to day administer plenty of water and keep the pots free of weeds.

With regard to carnations and picotees, regulate the number of buds, tie up the advanced ones, and when you have tied them tear down the calyx from the top of the tie, and thus release the petals all round alike; prepare the card also, and regulate the petals as they perfect themselves. The shoots at the bottom may be either layered, if they are long enough to bend down under the soil, or pulled off and piped like pinks, only they must be struck by a slight bottom heat under a hand glass, instead of in the cold open ground. To layer them, cut off the leaves all but those on the three upper joints, about a third of an inch below the second knot or joint under the leaves, which would be three inches from the top, and on the bottom side of the stem, cut a slit sloping upwards towards the middle of it, passing the knife through the joint, but carefully abstain from coming more than half-way through the stem; then as carefully cut off the piece that is below the joint, so as to cut close up to it. This done, stir up the soil in the pot and mix some sand with it; peg this layer down into the soil below the surface, so that the plant will, with the split joint attached to it, be exactly upright, and the split will be open; press the earth gently about it, and so proceed with more; water, and lay them by to finish their bloom, and till these layers strike root. All this requires practice, but any gardener will show you how to do it. Hair pins make the best pegs.

Clematis, honeysuckle, and other climbing plants requiring support should be examined carefully and often, and their loose new growth fastened as the shoots progress. Climbing roses want frequent attention. With regard to dahlias, never trim off a single branch of this plant unless it is in the way of others; trim them out of each other's way, and take neighbouring buds off any branch that has a promising flower on it opening for show. A plant is as much distressed by the loss of its leaves and branches as it is benefited by the reduction of its flowers.

Evergreens, ornamental shrubs and trees, are now in full growth. See to the growing branches, and see that they are not going ahead too fast and getting the plant out of shape; check any that are behaving in this manner, and stir the earth on the surface of the beds. Let the American plants be watered copiously from the moment they are beginning to start, as they are frequently unable to complete their growth from want of proper nourishment. Andromedas, arbutuses, kalmias, magnolias, rhododendrons, and such like shrubs must be watered in dry weather the first season they are planted.

If you require young geraniums, cut down the old ones and put in the young ones. Gladiolus must be tied up to appropriate supports and given plenty of water. In the case of holly-

hocks, examine the seedlings well, and set a mark against the best, removing secondary ones. Nothing should be produced as a novelty among perennials except ones of real merit. The flowers should be double, the petals thick, the colours new, and the spike very compact to justify their being propagated. With all these qualifications you possess a first-rate flower.

Iris, which bloom from early in the spring until late in the summer, should be regularly noticed, and especially the English seedling iris, which contains so many splendid heads; those worthy of cultivation will be well worth taking care of. The large orange and scarlet and white lilies in the borders must now be supported by stakes, and the Japan lilies in pots should be kept in the shade, as a too hot sun is injurious to their delicate blooms. The half hardy lilies of all kinds form beautiful objects in collections; they require a good deal of water in pots. Lupins and other perennials should now be planted out into nursery beds, or where they are to stand for bloom, if not already done. In either case they should be well watered and, if the weather be very hot, shaded also. If they be taken up carefully after watering the seed beds, and planted out after the sun is a little low, they will not suffer.

In the case of pinks, having reduced the stems to one and the buds on that stem to two or three, the most forward must be tied round the middle to prevent it from bursting; worsted yarn will serve the purpose. The guard petals will want support, which may be found by placing cards under them. "The easiest way," says Mr. Glenny, a great authority, "of putting on the card is to make a circular mark in the middle of it as large as a sixpence, and cut across it four or five times. By pressing the little finger upon it the card gives way, and the angular points form so many springs to hold the bud in its place. The card is passed on by cutting it from the edge to the hole, and thus formed in the centre."

This is a very important time in which to hunt for slugs, snails, earwigs, thrips, grubs, caterpillars, worms, and, indeed, every kind of insect.

AUGUST.—Some eminent writers call this the first of the horticultural year. In truth it is in August that commences the preparation for autumn labours, of which the winter ones are only the sequence. The first sowings commence this month, to be continued until the following July. During this month vegetables that are to go through the winter, though the heat is often greater than in Italy, the atmosphere is less liable to dry up vegetation, and the nights being longer are cooler. Still, this must not stop our activity in watering and washing. War to the knife should be declared on wasps and those flies which attack fruit. One means of trapping these pests is to hang around espaliers bottles two-thirds full of water and honey.

This is the time to cut melons, tomatoes, egg plants; and sow, after the fifteenth, winter spinach, mache, or corn salad, and from the twentieth to the thirtieth white onions, which are to be transplanted in autumn, as well as winter cabbage. Sow also, under glass, lettuces and crinkled chicken for the spring. Also sow radishes and chervil. In this month plant all sorts of salads, cauliflowers, savoys, greens, and brocoli. These latter must be in the ground before the fifteenth. But all these works must not make you forget watering or weeding, which should both be attended to as sedulously as during last month.

With regard to arboriculture, the same attention must be paid as in the previous month. The poling up of fruit trees must be attended to in August when the harvest is great.

In this month we have the first grapes, cherries, apricots, plums, and large number of soft and melling pears, some apples, and, above all, peaches. This is a great month for grafting. Grafting, or working, consists in the transfer of a branch, the "graft" or scion, from one plant to another, which latter is termed the "stock." The operation must be so performed that the growing tissues or cambium-layer of the scion may fit accurately to the corresponding layer of the stock. In budding, as with roses and peaches, a single bud is only implanted.

But of this more farther on.

(To be Continued.)





## PARROTS.

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(Continued from page 244.)

SOME of the most beautiful parrots come from Australia, that wonderful island or continent, which produces some of the most singular animals in creation. These can be induced to breed in this country, and to hatch broods.

Goffin's cockatoo, *Psittacus Goffini*, an altogether charming and comparatively rare bird, is a native of Queensland, says the catalogue of the London Zoological Society; but Dr. Karl Russ, the Berlin ornithologist, says that it comes from the Solomon Islands. It is about the same size as the African Grey, commonly called the Crested White Parrot, why, it is hard to say, as it is a cockatoo. It is found in the hollow of some dead branch of one of the larger trees of its native wilds, where it makes its nest. Beyond smoothing out and carefully freeing from all extraneous matter the cavity they have selected for the dwelling-place, these birds make no nest, properly so called, but lay their eggs on the smooth wood, three or four in number, and about the same size as the collared dove (*Columba risorius*), but somewhat rounder. The eggs are pure white, and hatched in twenty-one days, and there are usually two broods in the season, which extends in this country from May to September. Young ones hatched in the latter month, however, will not be reared unless removed indoors along with their parents, for the first cold night after they quitted the nest would be surely fatal to them.

Mr. W. T. Greene says: "There are stories of flesh-eating parrots current, but requiring confirmation; many of these birds are, however, insectivorous, and of the latter Goffin is undoubtedly one. At the same time, in captivity he will do extremely well without animal food, which, unless he is mated and rearing a young family, is of far too stimulating a nature to be given except at rarest intervals. Oats, maize, canary and hemp seed, boiled potatoes, a crust of bread or a captain's biscuit, are all good for him, the seeds as his ordinary diet, and the other comestibles mentioned as an occasional *bonne bouche*. It may be as well here to caution the intending purchaser that it is unwise to keep Master Goffin in the dining-room, at least while meals are being partaken of, for he will become so clamorous for potato and other dainties that his owners will know no peace; let him be helped as freely as possible, he will just take one tiny bite from the morsel he holds in his handy foot, drop it literally like a hot potato to the bottom of his cage, and incontinently shout for "more," which becomes monotonous after a while, and decidedly unpleasant. It is of no use to cover him over, he only screams the louder, and even if banished to a distant part of the house his shrill shrieks will permeate every portion of it until his owners wish him back upon his native islands."

Green food is indispensable; groundsel in flower, dandelions, chicory, lettuce that has been a day or two out of the ground, a slice of carrot, too, raw or cooked, are excellent for keeping him in health, and should, of course, be more sparingly afforded in winter than summer, when the supply may be practically unlimited.

Should there be young to be provided for in the nest, bread and milk, boiled maize and oats should be provided; it should, however, be allowed to cool before it is allowed to be eaten. Delf is the best for seed-pans and drinking vessels; wood, especially with Goffins, would not be of much use, as they are inveterate "whittlers." A couple of Goffins should have a home to themselves, as they may not be trusted with other birds. The smaller they would kill and very likely partially devour, and the larger they would persecute until they became a burden to themselves, unless they turned round and resented the ill-treatment.

Where a man has an aviary of parrots in the country, grasshoppers, ants' eggs—that is to

say, the pupæ of the ants in their cocoons, should be supplied, though rather sparingly, when there are young ones in the nest to be fed; in towns, crickets and black beetles, or even meal-worms, will serve the same purpose. Cockchafer and daddy longlegs will be relished, but insect food of some kind is indispensable if Goffin is to breed.

"We are aware," says W. T. Greene, "that the above direction will be looked upon by some as heterodox and objectionable to the last degree. *Tant pis, messieurs*, we speak from experience, and, as the French say, nothing is more brutal than facts."

In a wild state parrots want very little water, as they are amply supplied with the amount of moisture they can lick off the leaves and grass, wet with the heavy dews of intertropical regions; but in confinement Greene asserts that they must have water to drink, or they will soon be out of health. To deprive the bird of water is to force him to eat a quantity of "sop" for the sake of the liquid it contains. This will ruin his digestion, upset his liver and temper, and turn an amiable bird into a spiteful and screeching dyspeptic.

"No!" cries Mr. Greene, "parrots must have water, and plenty of it," and "we regret to have to record the fact that the authorities of the 'Zoo' are not yet disabused of the contrary notion, which, no doubt, in great measure accounts for the recent dates affixed to most of the cages in the parrot-house. *Eheu!* Poor Paul Goffin, presented to the Gardens in a moment of irritation induced by your loudly and incessantly repeated demands for 'Potatoes,' when the bottom of your cage was littered with that valuable tuber, we have no doubt that the deprivation of your natural potations was the cause of your untimely death in less than two years after your reception into that institution, to which, if we had only known, you never should have gone."

Parrots, usually, do not care to bathe, that is to say, to "tub;" but they like to stand out in a warm summer shower and stretch out each limb alternately to catch the genial drops as they gently fall from heaven, and nothing gives them greater pleasure than to roll and tumble, to swim, so to speak, in long grass that has just been soaked by a passing shower. Failing, however, these natural modes of taking a bath Master Goffin, and Mistress Goffin too, for that matter, will take water in their beaks now and then from their drinking troughs and sprinkle it on their backs, clinging the while to the bars of their cage with outstretched wings and tail, and every feather ruffled out, making a most consummate fuss, quite incommensurate with the importance of the occasion. Should a warm summer shower be falling in the day time, Goffin will enjoy being placed outside to receive it on his back; but should the weather be hot and dry, and no prospect of rain apparent, a bath from the fine rose of a watering-pot will be equally appreciated.

## RESIDENCE OF PARROTS.

A very eminent authority on parrots, M. E. Leroy, says that the installation—that is, due application of situation, &c.—is of more importance than anything to their health, longevity, and successful breeding.

The morning sun should always fall upon the cage or aviary. A northern aspect is bad, a western one pernicious. In default of an aviary, a well-aired room, with windows that can be opened on fine days, the outside being garnished with wire netting, can be used, and here many persons have bred the parakeet and other varieties. But the true place for the parrot to live in comfort is the garden, with verdure all around. His aviary should be made one part wholly sheltered, another half sheltered, but, above all, plenty of air.

It should be erected on slightly raised soil to guard against humidity; then it should consist of wooden cabins, with a roof, wooden, and two lappets, covered by cardboard, bituminised. The windows should be on the side of the rising sun, and the communication with the other divisions must be by small openings near the top, sufficiently large to allow the winged inhabitants to pass in and out, and a door which should be kept open or shut, according to the temperature.

The second compartment, next to the hut, should be a shed, also covered by roof with two

lappets, one being with glass windows, the other a wooden roof coated with bitumen. This shed, exposed to southward and eastward, will be protected from the west wind by the hut, from the north by panes of glass. On the south it is closed by a wire lattice. The third is an aviary—that is, a large wire cage, freely admitting the air.

The soil should be covered by a thick layer of river gravel, mixed with broken plaster and oyster-shells. The hut should have two cubic feet square for every couple introduced into it.

The next thing is to furnish this habitation. There must be a perch on each side, and above these two swinging hoops. Immediately below the perches, and, if preferred, on the same level, should be attached to the walls by pins with a round eye or screw ring nails, artificial nests or hollow chumps of wood, double in number of the couples in the cage.

These hollow chumps should be made of poplar or willow, drilled to the shape of short carrots, half an inch thick. The bottom should be concave. The top should have a cover with a hole in it to let out the vapour which sometimes escapes from the nest when the young are in a state of moisture. The entrance for the parrot should be at the side, and near this should be a small perch.

The opening must be small. This is the parakeet's safeguard. The bird will itself from the nest itself soon make enough sawdust for the bottom of the nest. The next article of furniture in the aviary is a lump of hollow willow. This tree is sawn in several sections, hollowed out, and subdivided into numerous nests or partitions.

The outer part of the aviary, with its open work roof and wire walls, should have perches and hoops. In the middle, a very small expanse of turf, surrounded by a gravel path; a small shallow bath in the centre. Four *lignum vitæ* trees should be planted, one at each corner of the miniature lawn. These will need planting afresh every year, for these birds are very fond of resinous bush and destroy it without pity. It will be reduced to very small particles, but it will do much for the summer residence. The winter home will require great care, as the birds must have warmth.

M. Leroy advises for a winter habitation a platform of wood, planks well joined together, the whole about a yard square; four panels a yard high, one only being wire, the rest well joined boards roofed over with linen cloth or sacking. The platform should face the window. The sides should be carefully fastened at the bottom, by means of iron bolts. The wire panel should be on the side of the window, which should be opened when the weather suited. There must be an ample provision of perches, &c.

Many, while not objecting to the room as an aviary, prefer the aviary to cages in rooms. In the first place in every room there must be draughts, which kill a great many young ones. In the aviary the birds are not subjected to surprises, panics, &c., every time a door opens suddenly. In his own house he is more independent, feels safer.

Of course we must not expect our Frenchman to agree in all things with English amateurs. He suggests millet in ears, plantains, oat ears, or green corn in season. The millet is not too ripe when in the ear. As a change he would give a mixture of millet and canary grass or seed, some stale bread dipped in boiling milk, wild chicory, a bunch of chickweed, groundsel, sow thistle, and sword grass suspended from the top of the wire panel, or cage.

No sweets, no meat, raw or cooked, no fruit, never parsley, and only lettuce occasionally as a medicine.

(To be continued.)

FIRMNESS and gentleness work together far more efficiently than either could alone. The strength that is allied to sweetness has a far deeper and wider influence than would be possible were it accompanied by bitter criticism.

NEVER wait for a thing to turn up. Go and turn it up yourself.

How often we are prone to dwell amid the tombs of other folks' lives!

TOBACCONISTS.—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.



## HEALTHY AND COMFORTABLE HOMES.

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(Continued from page 254.)

## THE PARLOUR.

IN furnishing a drawing-room, or indeed any apartment, the first thing to be determined is whether the walls and floors are to be in themselves decorated, or only the foundation and background for decorative objects. If pictures or plaques are to be hung on the walls, an entirely different principle must govern the treatment from that which obtains when the wall itself is to form the decoration. In the latter case colours and designs, in themselves decorative, are desirable; in the former the wall should be entirely neutral in character, so as to form a foil against which the colour in the paintings or other objects placed against it shall stand in relief. No furniture can possibly look well upon a carpet which, in colours and designs, is loud and obtrusive. What could we, for instance, do with a rich cabinet upon a carpet dazzling with its clusters of flowers, or upon any design that competes with it for effect? It is possible to furnish a room effectively with frescoed walls or ornamental paper, simply by not hanging pictures at all, or colour may be concentrated in the dado and frieze, leaving the middle space, against which pictures are placed, of some neutral tint; but as all the furniture must rest upon the floor, a pronounced carpet, however beautiful in itself it may be, is, under all circumstances, destructive to harmonious furnishing; and when wall-paper and carpet are not only pronounced but ugly, the result, it is needless to say, is intensely painful, which furniture, however good, can not redeem.

It is indispensably necessary to artistic or even agreeable effect, that walls should have colour or tint of some kind. Nothing can be done with dead white walls. They cannot be so covered with pictures that the interspaces will not stand out in harsh and ghastly contrasts; and all pictures—oil paintings, water-colours, or engravings—look exceedingly ill against a background of dead white. Walls, when in accordance with the general scheme, may be quite light in tint, but positive white simply defeats every effort to overcome it, and remains raw and harsh to the end. It is also very difficult to secure pleasing effect with very light carpets. Light carpets are appropriate in rooms where the whole scheme of colour is light, but the floor of every room should be darker than the walls or ceiling; the scale of colour should ascend from dark to light. Very dark carpets and walls absorb the light, and are apt to make a room gloomy—which, of all rooms, should not characterise a parlour. It is, therefore, better to select a medium tint against which objects will stand in good relief, and yet permit a cheerful aspect under the evening gas. The carpet should be rich in colours, but without marked contrasts, and the designs small and indefinite. The advantage of stained floors is apparent here, as furniture always stands in effective relief upon a mass of dark, unbroken colour, and bright hues in the rugs scattered here and there become, on such a floor, very illuminating.

White ceilings and white wood-work are difficult things to manage, and commonly put a room out of tone. With light paper they are not so objectionable as with dark, because the contrast is not so great, but masses of white are destructive to richness of effect. If the ceiling is white, then, at least, the cornice should be tinted to break sharpness of contrast with the wall, and the centre-piece may be of the same colour. But why should there be dead white ceilings when a little ochre or other colour in the whitening will give them an agreeable tint?

Hard wood finishing relieves the necessity of paint, but when the wood is pine, any light neutral colour is better than positive white. But under no circumstances should pine wood be grained in imitation of darker and richer woods. The imitation is never good; every scratch or mark reveals the colour of the true wood, and there is a tendency for the paint to peel off in spots, giving the surface a most disagreeable eruptive appearance. Anything is better than this. Pine wood may be shellacked and varnished, instead of painted, producing a

mellow amber tone that is agreeable, and revealing all the rich markings of the wood, but as the prevailing prejudice is in favour of paint, it is almost useless to recommend this treatment.

A French pearl-grey, or warm stone-colour, a pale buff, or delicate green, are all beautiful for parlour walls. The faintest suspicion of pink, like the inner lining of some lovely seashells is both pretty and becoming, and will go well with most things in the way of furnishing. A frieze of flowers and butterflies would not be inharmonious with this tint; and a dark, almost invisible, green dado, divided perhaps by narrow gilt panels, would bear a lighter green in furniture covering. Pale lemon-yellow is a pleasing tint, or a fuller apricot yellow is very effective, especially with black woodwork. In speaking of the colour of a room it is not meant that the walls must be of one single tint, but reference is made to the predominating hue, which exists even when pattern and colouring are complex.

The shape of a room has much to do with its general effect; and a long narrow room lacks the capabilities of a square or an octagon. A broken line of wall is by no means a misfortune, and has been converted into prettier surprises than could possibly be effected with straight lines. Corners are always delightful in the hands of those who know how to use them, and takes away the look of mathematical precision so fatal to poetry and grace. It is the pride of genius to overcome obstacles, and succeed in the face of every known law to the contrary; and judgment and good taste will achieve wonders with the most unpromisingly shaped room.

The matter of colour in furniture and hangings is an important consideration, though often the last in the mind of the enterprising furnisher, who is not apt to consider that a hue which may be very desirable in one material is most objectionable in another. Thus a yellow which looks gorgeous in satin is detestable in cloth; a pale tint which in flannel would look like dirty white may, in a rich silk or fine cashmere, have the most elegant effect. Never put green and red of equal intensity in juxtaposition. Although these are complementary colours, there is no more disagreeable mixture. A pale, dull, sea green goes admirably with a rich crimson or Indian red; a pale, dull red with deep green; but they must always be of very different intensity to look well together, and are always difficult to mingle pleasantly. Turquoise—the antique yellow-blue—mixes very sweetly with a pale green; ultramarine, being a red-blue, almost lilac in the shadows, is horrible with green. Pure pale yellow is a very becoming colour, and will harmonise with purple; with blue the contrast is too coarse."

The proprietor of a room with walls of green and gold, the furniture pink and buff, and the carpet and curtain crimson and yellow, wished to know of some colour to go with this variety, and was advised to try a light grey with dark red or maroon. The room may have been pretty in spite of all these decided hues, for the wild beech-pearl, with its petals of alternate pink and yellow, is really a pretty flower; but, as a general thing, they are not desirable combinations. "As lovely a drawing-room as we ever saw in point of colour was carpeted with grey felt with a deep dark-blue bordering, the lounges and chairs were covered with chintz in the most delicate shade of robin's egg, or gaslight blue, as the wool dealers call it, and the remainder was of wicker-work and black lacquer; the heavy pieces of furniture were in black lacquer and gilt, the curtains were of snowy muslin under lambrequins of chintz, and the rest of the room was made up of vases, tripods, cups, pictures, flowers, and sunshine, till it seemed to overflow with harmonious colour."

The grey felting could as easily have been bordered with crimson, and the warm colouring carried throughout, with care not to have too much of it, as is the case in public places, whose furnishings remind one of a room described as belonging to a woman whose husband had died of yellow fever, and who accordingly surrounded herself with the unlovely colour even to the covering of a pin-cushion—for the touching reason—"He was all yellor, and I'll be all yellor, too?" The visitor is forced to think of scarlet fever while turning aching eyes from red sofas to red chairs, thence to red curtains, resting them in despair upon an obtrusively

red carpet. Red is not a restful colour, and should be used in moderation; if the furniture is red, the carpet and hangings should not be—and vice versa.

Somewhere in the sea of reading a parlour was described that lingers in the mind—a warm, glowing, cheerful room, but not in the least glaring; and still rarer virtue, it was not expensive. The carpet was in two or three soft shades of red in a mossy pattern; the walls were cream colour with broken red lines in the corners; the curtains were crimson of some twilled material that hung in soft folds.

But the furniture, two low sofas, and one or two lounging chairs, was covered with raw silk in rich Oriental colours; and light chairs and tables broke up all appearance of stiffness. A lovely swinging lamp, with a wine-coloured globe shade, hung over the reading-table, and it was supported by a gilt triangle, which was also the shape of the candlestick on the mantel. Here was crimson judiciously used, and yet in sufficient force to make a deliciously inviting apartment.

People who are not in slavery to the carpet idea can do great things with a little money; while those who are need not expect much beyond the orthodox yards of flowers and foliage, or geometrical patterns, done in wool. A room with a grand, new-looking carpet in it, and very little else, is a dreary place enough; while one with straw matting and home-made rugs, or stained floor and rug, and furnished with suitable objects, and a few plants and flowers, is very attractive.

Very few carpets are properly used; they are stretched into every possible corner, so that not an inch of space shall be left uncovered, and places are notched out for the various recesses, until the expensive fabric is utterly spoiled for any other room than the one to which it is fitted. It is not handsome arranged in this way, being far more picturesque as a large square or oblong rug, showing all around it a yard or so of dark polished floor. A bordering of inlaid woodwork is very pretty, and not much more expensive than first-class Brussels carpets. Such a floor-covering has a sort of old-time and Eastern look about it, and it may be taken up and shaken with comparative ease—a few nails along the edges keeping it in place when down.

It must be admitted that many sensible people are quite opposed to uncarpeted floors, and especially to stained floors, on the score of their showing dust and every footmark, as well as the roughness and irregularities of the boards, when not made for this particular purpose. Mrs. Beecher even doubts if much is gained in the way of economy. She says—"A carpet which is not fitted to the floor throughout must of necessity wear out in some spots more easily than one that fills up every irregularity. When used as a rug, there will be several feet of bare floor all round the rooms, and in sweeping, and passing in and out, the outer edge of the carpet will receive rougher usage than if this edge were fitted and tacked close up to the door-sills, and wash-boards. We greatly misjudge if, in a short time, an orderly housekeeper would not be annoyed by finding the edges breaking and beginning to show ragged spots on such parts as were nearest the door, or close to a sofa or armchair. If it were simply a binding that could easily be replaced; but when the carpet itself begins to fray on the edges, it will soon look old and shabby."

The designs on Turkey carpets are small, and the colours admirably blended which makes them particularly desirable; but they are expensive, and often so well imitated in Brussels, and even ingrain fabrics, that the additional outlay is scarcely warranted where economy is at all to be considered. A crimson carpet of very small pattern, in two or three soft shades, is very pretty with a dark floor border, particularly if the paper be pale pink, or cream colour, with corner lines of crimson in it. With this carpet the furniture covering should be ashes of roses, ornamented with crimson fringe and brass headed nails; the sofas of divan shape, well stuffed, but with no woodwork visible.

The curtains of this imaginary parlour may be of the same colour as the furniture covering, alternating with strips of crimson, or of sheer white muslin, with cornices like the chairs, ornamented with lines of gilding. The mantel should have a crimson cover trimmed with



fringe. A small oval mirror, with sconces for candles on either side, should hang between the windows, and a small table, with a bronze or Parian group could stand underneath.

(To be Continued.)

## BREAD AND CAKES.

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**GENERAL DIRECTIONS.**—It is best to make bread at home whenever possible; and where there is a good oven, and good yeast can be obtained, this is not much trouble. A little practice will soon enable most people to make bread, and as home-made bread keeps better than bakers', twice a week is often enough to bake. Fine flour is not so wholesome as that called households or seconds, and the entire wheat, rather finely ground, or with only the very coarsest bran removed, is best for most people. All kinds of meal bread require a hotter oven than that made of fine flour. Where good brewers' yeast can be had, it is as well to use it, as making yeast is sometimes troublesome, for it is not always easy to keep up the necessary temperature. Bread is sometimes raised with various combinations of chemicals, but yeast bread is generally preferred.

**BREAD, TO MAKE.**—Mix 4 ozs. or table-spoonsful of yeast and  $\frac{1}{2}$  oz. salt with 4 pints water (3 pints cold and 1 pint boiling will be about the right warmth in cool weather—in summer it must not be so warm). Put 8 lbs. flour or meal into a large pan, make a hole in the middle, pour in the liquid by degrees—white flour will not require quite all. Mix well with the hands when the flour is nearly moistened, knead all together till the dough is quite smooth and free from flour and crumbs, and does not stick to the hands; the dough should be quite firm, as it softens in rising. When thoroughly kneaded, put into tins slightly rubbed with best olive oil or butter; place in a warm place to rise; the tins should only be about half full, or, if baked without tins, leave it to rise in the pan. It should not be too warm—less so in summer than winter. When the dough has swollen very much, and begun to crack, and feels soft to the finger—about three quarters of an hour—it is ready to bake. Divide with a sharp knife; make up into loaves, handling as lightly as possible; flour the bottom a little. Put into rather a hot oven; if the dough is divided into four loaves, they take about one hour and a half to bake. Baking in tins is best, especially for inexperienced hands, as if the heat of the oven is not just right the dough is apt to spread too much or burn.

**UNFERMENTED BREAD.**—Take  $\frac{1}{2}$  oz. baking powder, 2 lbs. wheat-meal or flour, and a pint of water; (if flour,  $\frac{3}{4}$  pint.) Mix the powder well with the meal (and salt, if preferred, a salt-spoon to 1 lb. flour or meal) and pour the water on gradually, stirring it quickly with a wooden spoon into a light dough, of such consistency as will scarcely bear kneading, which it will not require. Put it into a tin, or make into a round loaf and bake immediately, or it should not stand more than twenty minutes before being placed in the oven. The oven should be quicker than that usually required for yeast bread. That all may be well mixed, it is better only to make up one or two loaves at once (which only requires a few minutes,) and then another portion in the same way, till all is prepared, then the whole can be put into the oven at once.

**BUTTER-MILK BREAD.**—4 lbs. flour or meal,  $\frac{1}{4}$  oz. carbonate of soda, or less if the milk is not very sour,  $1\frac{1}{2}$  pint sour butter milk; (for meal two pints.) Mix the soda well into the flour, either by rubbing it in the hands or sifting it through a fine sieve, adding  $\frac{1}{4}$  oz. salt; then mix in the butter-milk, quite cold; put the dough into tins or earthenware baking pans, warmed and rubbed over with a little butter, and bake immediately in a quick oven.

**CURRENT BREAD.**—Add 6 or 8 ozs. currants, and 1 oz. sugar to 1 lb. meal or flour, before mixing, to either recipe for bread.

**INDIAN CORN BREAD OR CAKE.**— $\frac{1}{2}$  lb. Indian meal,  $\frac{1}{2}$  lb. flour, 2 ozs. sugar, or a salt-spoon salt, and  $\frac{1}{4}$  oz. baking powder; rub well together; mix with a pint of milk or milk and water—

all water may be used); or use sour milk or sour butter-milk, and stir in 2 salt-spoonsful of bi-carbonate of soda dissolved in *very little* water the minute before it is put in the oven. Put in a shallow tin, and bake one hour in a quick oven.

**Indian Corn.**—(The bread, cakes, and puddings made of Indian corn or maize meal, are much esteemed in America. They are best hot, or warmed again when wanted. The meal is not often used in England, and not to be obtained in many places. This, as well as cracked wheat, and other American, and foreign articles, can be obtained of Messrs. Jackson, 45, Piccadilly. —An American friend, to whom we are indebted for the foundation of the recipes for using Indian meal, says that what we get in England is not so fine as they have in America, and that it is better to use half wheaten flour and half Indian meal. Part Indian meal will improve all batter and pancakes.)

**INDIAN CORN BREAD.—BATTER OR EGG.**—1 oz. bread crumbs soaked in a pint of milk; 2 eggs,  $\frac{1}{4}$  lb. Indian meal,  $\frac{1}{4}$  lb. flour, a salt-spoon of salt. Beat the eggs light, and the soaked bread-crumbs to a smooth batter; sprinkle in the meal and flour; stir together very hard, and bake in shallow tins very quickly one hour. Will serve as a pudding with jam, &c.

**INDIAN CORN BREAD.—VIRGINIA.**—6 oz. Indian meal, 9 oz. of flour, a salt-spoon of salt; mix with an egg and  $\frac{3}{4}$  pint of milk. Bake in a shallow tin in a quick oven one hour.

**RICE BREAD.**—Boil 1 lb. rice in 2 quarts water to a paste, about one and a-half hours; when it is cool enough add  $\frac{1}{4}$  oz. salt and 4 oz. or table-spoonsful of yeast; mix with 4 lbs. flour; knead extremely well; set to rise; and bake as other bread.

**BANNOCKS.**—Mix wheat-meal with cold water into a stiff dough; knead well; cut into pieces the size of buns; make into shape and smooth with the hands; cut a cross on each, half way through. Bake in a brisk oven till hard and light brown. They are best the first day.

**BISCUITS.—CRISP.**—Make 1 lb. of flour into a very stiff paste with the yolk of an egg, and about a  $\frac{1}{2}$  pint of milk; beat well and knead until perfectly smooth, roll out very thin; cut into biscuits and prick them; bake in a slow oven a nice brown, about half an hour.

**BISCUITS.—PLAIN SWEET.**— $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. ground rice,  $\frac{1}{4}$  lb. or sifted loaf sugar; mix well with milk; roll out thin; cut into small biscuits, and prick them; bake in a moderate oven till crisp, not too brown.

**BUNS.**—1 lb. flour (or  $\frac{1}{2}$  lb. of flour and  $\frac{1}{2}$  lb. ground rice);  $1\frac{1}{4}$  salt-spoon carbonate of soda, and  $1\frac{1}{4}$  salt-spoon tartaric acid, or  $\frac{1}{2}$  oz. baking powder; 2 salt-spoons of ginger; rub well together with 2 oz. of butter, 6 oz. sugar, 6 oz. currants,  $\frac{3}{4}$  pint milk, and a large egg, or two small ones. Grease slightly a sheet of tin, and drop the buns on in about eighteen bits, leaving room to spread; bake in a hot oven twenty minutes. Put in a tin box as soon as baked, upside down.

[The heat of the oven is of great importance, especially for large cakes. If it is not pretty hot, the batter will not rise. If the oven is too quick, and there is any danger of the cake burning, or catching, put a sheet of clean buttered paper over the top—newspaper or paper that has been printed on should never be used for this purpose. To know when a cake is baked enough, plunge a bright knife into the middle, draw out quickly, if it looks in the least sticky when the steam has dried off, the cake is not done.]

**CAKE.—PLAIN.**—1 lb. flour, a salt-spoon of bi-carbonate of soda, 2 oz. of butter, 2 oz. sugar, 6 oz. currants, a salt-spoon of ginger, or a little nutmeg; mix with  $\frac{3}{4}$  of a pint milk or water, with a salt-spoon of tartaric acid dissolved in it, and bake directly in rather a quick oven.

**CURRENT CAKE.—GOOD.**— $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. ground rice, a salt-spoon of bicarbonate of soda, 2 oz. of butter; rub together; add 10 oz. currants, 1 oz. sugar, 2 oz. candied peel, a little nutmeg; mix with  $\frac{3}{4}$  of a pint milk and an egg, with a salt-spoon tartaric acid dissolved in it; bake in a slow oven just at first. If made without the egg, use a little more milk.

**CURRENT CAKE.—PLAIN.**—Knead well into 2 lbs. of dough,  $\frac{1}{4}$  lb. butter, 6 oz. sugar,  $\frac{1}{2}$  lb. currants, a little grated nutmeg; set to rise, and bake in a moderate oven.

**CURRENT CAKE.—VERY PLAIN.**—1 lb. flour,  $\frac{1}{2}$  lb. currants, 2 oz. sugar, a little nutmeg, a salt-spoon of bicarbonate of soda, mix with sour milk or butter-milk, and bake immediately in a rather quick oven.

## GLOSSARY OF COOKERY.

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**BAIN-MARIE** is a flat vessel containing boiling water, meant to hold other saucepans, either for purposes of cookery or to keep dishes hot. The advantage of preserving the heat of dishes by the *bain-marie* is that no change is effected in the flavour of the ingredients. This is much the best way to heat up rich soups, &c.

**BARDER.**—To tie with pack-thread thin slices of bacon on the breast and back of poultry while roasting.

**BLANC.**—A mixture of butter, salt, water, and a slice of lemon. Another blanc is as follows: Take 1 lb. of beef suet cut into dice, 1 lb. of fat bacon, also cut into dice, half a pound of butter, the juice of a lemon, salt and pepper, one or two onions, a bunch of parsley, a little thyme, a bay leaf and spice.

**BLANCH.**—To put in boiling water for a short time; in some cases letting the water boil up once or twice.

**BLOND.**—Veal gravy; in making, mind it does not burn.

**BOUILLON.**—Broth or stock. Three or four pounds of beef are sufficient for an ample provision of soup and *bouilli* for a family of from six to eight in number. Indeed, if what remains after dinner is not to be re-stewed for stock, there ought to be sufficient left to make a pleasant soup for the second day, with the addition of a strong vegetable broth, made from roots in winter and from dried herbs in summer.

**BOUQUET.**—A bunch of parsley and green onions or scallions, tied together to put in ragouts, &c. It is called a *bouquet garni* when thyme, basil, and bay leaf are added to it.

**BRAISE.**—To dress a dish *à la braise* you must have a braising-pan, which is a sort of saucepan with the lid fitting close, and bordered, so as to hold hot ashes or charcoal on it. It is usual in France to have the lid hermetically sealed with paste, so that the contents may stew without the least evaporation. This mode of cookery excellently preserves the flavour of the viands used. Care must be taken that they be done thoroughly, and well seasoned with carrot, onion, parsley, thyme, bay leaf, and clove.

**BREADED.**—Cutlets, fish, &c., are usually breaded thus: Break two eggs, beating up the yolks and whites with a little salt; dip the cutlets into this omelet, and then into crumbs of bread, repeating the same process if requisite.

**BROWNING.**—Butter and flour coloured over the fire.

**CLARIFICATION.**—Anything clarified requires much seasoning, and is consequently less healthy. If stock has been carefully skimmed it will not want clarifying.

**CONSUMMÉ.**—Jelly broth, or jelly stock.

**COURSES.**—A plain middle-class dinner consists of three courses. In the first course, after fish or soup, the dishes should be solid and little spiced; in the second course they should be more delicate and higher seasoned; and in the third course, or dessert, the sweet dishes should appear.

**CULLIS.**—Meat cullis is a thickened preparation of veal gravy.

**ENTRÉMET.**—There is no exact word equivalent to this in English; but all dishes of vegetables, jellies, pastries, salads, prawns, lobsters, and, in general, everything that appears in the second course, except the roast, is termed *entrémet*.

**ENTRÉE.**—Any dish of butchers' meat, fowl, game, or fish, cooked for the first course, is called an *entrée*.

**FARCE.**—Force-meat or stuffing, made either of chopped vegetables or eggs, or of different sorts of minced meat, with fine herbs, egg, &c. Eggs *à la farce* are hard eggs with stewed sorrel.

**GLAZE.**—To glaze is to reduce broth or sauce till it adheres to the meat. In stewing, glaze till brown; put it over red-hot ashes, which will prevent it burning. The browner the glaze becomes, the better; but if burnt, it



tastes bitter. Glaze is usually made of remnants of broth, the liquor of braise, &c., which are to be reduced over a brisk ash fire. Always warm up glaze by means of a *bain-marie*.

**GRATIN.**—Crumbs of bread, butter, yolks of eggs, chopped parsley, onions, &c., adhering to the bottom of a dish when anything has been dressed in it.

**JUS (GRAVY).**—Mistresses of families will do well to look closely to the precise quantity of meat used for gravy; otherwise some cooks will misrepresent the requisite consumption for this purpose. Meat used for gravy ought to be stewed with carrots and onions till it is quite dried of its juices. Of course, therefore, it is not fit to eat after this process; for which reason a good cook will procure all the gravy she wants from the trimmings of joints, and various odd bits collected in the kitchen.

**MARINADE.**—Pickle, or sometimes pickled meat fried.

**MASQUE.**—Covered with, or smothered with.

**MENU.**—Bill of fare.

**PARURES.**—Trimmings.

**PIQUANTE.**—(As sauce). Sharp.

**POIVRADE.**—Sauces so named have pepper for their principal ingredient.

**POTAGE.**—Soup.

**PURÉE.**—Any vegetable boiled and rubbed through a sieve or tammy. The *purées* intended for soups are not to be so thick as those for sauces. The most usual *purées* are of carrots, turnips, celery, white beans, red beans, lentils, green peas.

**REDUCED.**—Boiled down till reduced. For this process a quick fire is generally preferred.

**RELÈVE.**—A remove.

**SALMI.**—A sort of hash with wine in the sauce.

**SAUTÉ.**—Fried lightly in a frying-pan, the article being occasionally tossed up.

**SKIMMING.**—The smallest drop of fat or grease in soup is insufferable, and is a proof of bad cookery. Be careful to skim off the black scum from a soup as it rises, and pour a little cold water into the soup occasionally, to raise up the white scum.

**THICKENING.**—Yolks of eggs, called by cooks *liaison*.

**VERMICELLI.**—Always blanch vermicelli, to take off the taste of dust, before you make the soups, &c. When you put it in soup it must be boiling, or the vermicelli will stick together. Scatter it in with your hand.

## THE KITCHEN.

—:O:—

### STRAWBERRY PRESERVES.

For preserving purposes always choose large, firm, ripe berries. It is very necessary that they should be firm, so they may have their shape when done; and it is also very necessary that they should be fully ripe to have their full flavour; therefore much care must be exercised in the selection of the fruit to have the best results. Having obtained the desired quantity of berries, hull them, being careful to bruise them as little as possible, and weigh them, and for every pound of fruit put three-quarters of a pound of sugar. When you have weighed the sugar, place it in your preserving kettle, and for each pound of sugar add a half-pint of water and place on the fire, stirring until the sugar is entirely dissolved. Boil until the sugar is of the consistency of good molasses, when remove from the fire and add the berries. Now gently spoon the syrup until it has thoroughly saturated the berries. Great care must also be exercised in this part of the operation that the berries may not be bruised. Now replace on the fire, allowing it to remain until the syrup comes to the boiling point; then remove the scum, put into an earthenware pan and let stand till next day.

The next day put all back again into the preserving kettle and place on the fire, allowing them again to just begin to boil; then take off and let stand for four or five hours. Then put them on the fire again and allow them to become very hot—but do not allow them to boil. Now, with a skimmer, take out the berries and lay them (one layer) on a china dish; now strain the syrup, and, after allowing it to boil up once more, replace the berries and let remain on the fire till they all become hot, then put all into an earthenware jar and put away until per-

fectly cold. When cold put into tumblers or glass preserve jars, cover them closely, and put away till wanted. Parchment paper makes about the best covering for purposes of this kind, covering this with plain writing or thick manilla paper.

### STRAWBERRY JAM.

For this purpose the size and firmness are not of so much importance as in preserving, but is quite as necessary in one case as in the other that the fruit should be full-flavoured, and therefore it must be ripe and good. As it is impossible to make a silk purse out of anything but silk, so it is impossible to make good preserves out of bad fruit, and as you have to pay but little more for the best berries than for those not so good, it is better to get the best, and then if care has been taken in the making you may rest assured you will not be dissatisfied with the result.

Take some strawberries and fully-ripe currants, in the proportion of one pound of currants to six pounds of strawberries, and for every pound of fruit allow three-quarters of a pound of sugar.

Carefully pick over and mash the currants, and for each pound of them add one gill of water, place in a preserving kettle over the fire, and allow to boil up once. Now, after having carefully hulled the strawberries, add them and press all through a hair sieve into an earthenware pan. Put the sugar into the preserving kettle, adding one gill of water for each pound of sugar, and boil until it is of the consistency of thick molasses. Now add the pulped fruit, and allow all to remain over a brisk fire for twenty minutes, stirring constantly while on the fire. Now skim, pour into glass jars or tumblers, and when perfectly cold cover securely as directed for strawberry preserves.

### STRAWBERRY ICE CREAM.

Take the desired quantity of the best and richest cream, and to each pint of this allow one pound of the finest ripe strawberries, and one pound of pulverized sugar. After hulling the strawberries, cover them completely with a portion of the sugar (about a quarter), bruise them well with the back of a wooden spoon and rub through a sieve. Now place the remainder of the sugar into a porcelain-lined vessel, adding and stirring in one well-beaten egg for each quart of cream. Then stir in the cream and place on the fire, stirring constantly till about to boil, when remove, place in a porcelain-lined pan and allow to cool. Now take the strained juice of the strawberries, add to it a little lemon juice, and stir this into the cream when it is entirely cold, being careful to mix them thoroughly, and freeze at once.

## THE JEST AS A MATRIMONIAL VEHICLE.

—:O:—

**MATRIMONY**, which may be said, generally, to possess very little of the joke—at least, to either of the joint parties who would be the most likely to discover if it were there—is frequently brought about in a very sudden and unexpected manner, by means of a well-timed jest or a witty remark that breaks the ice, and does away with months, perhaps years, of formal courtship. A writer in *Chambers' Journal* has busied himself in collecting instances to illustrate this which are somewhat amusing. He says:—

"Marriages are often the result of accident. It seems strange, but the most prudent persons will sometimes conceive an irresistible attachment at the suggestion of a word or look. When once under the spell of the verb 'To love,' they go through all its forms, and finish the declaration at the altar. The few may give this subject the attention it deserves; but the many, there is reason to fear, are guided by impulse.

"A skipper of a coasting vessel called at the village inn and asked the landlady, a young widow, 'Do you know where I can get a mate? I've lost my mate.'

"'I am very sorry for you, Mr. —,' she said, smiling; 'I want a mate, too, and cannot get one. As we are in the same position, I'll tell you what I'll do—if you'll be mine, I will be yours!' He closed with the bargain, and the

widow keeping to her word he is now supplied with two mates.

"A young man at a church bazaar was buttonholed by a lady who would not let him go until he bought something. He looked at her stall, which contained fancy work of various kinds. 'Why,' he said, 'I see nothing here that would be of the least use to me, a bachelor—except yourself. The rest would be dear to me at any price.'

"'I will be cheap enough,' she said coaxingly.

"'If you could be dear enough, perhaps—'

"Oh, come? you are just the person I want,'—and taking him by the arm, she sold him one article after another, keeping up an agreeable conversation the while; and before all was done he had purchased everything on the stall. Then at settling up there was something said about discount. 'I cannot return any money,' she said, blushing; but if you think me dear enough, there's mamma; she may give you my hand.' And the bargain was concluded.

"At another bazaar, in the Highlands, a newly-appointed young minister gave so much attention to a particular lady that one of the elders thought it prudent to interfere. Taking him aside, he said, simply, 'Mind? people will be talking.'

"Comprehending the situation, and remembering that the elder possessed a keen sense of humour, he replied, 'It's all right, John. They can say nothing. A man may love his neighbour as himself, you know.'

"'No doubt, no doubt,' said John, with a twinkle in his eye; 'a man may love his neighbour as himself; but can he love her as his wife?'

"'That's a question I never thought about,' said the other, nonplused. However, John's rebuke having forced the question upon him, he decided in the affirmative, and returning to the lady, forthwith proposed and was accepted.

"An eminent doctor who had saved the life of a lady, a personal friend, was asked his charge. He said he generally allowed his patient-friends to remunerate him as they thought befitting. 'But don't you often get disappointed on these terms?' she asked.

"'I may say, never,' he answered.

"'As you are so easily pleased, then, take this,' and she playfully gave him her empty hand, while in the other was concealed a cheque for a handsome sum. 'How easily I could have taken you in!' she added, producing the cheque.

"'But you have only succeeded in drawing me out,' he said, declining to relinquish the empty hand. 'Don't insult me with a cheque; I am most generously rewarded.'

"Perhaps, she understood the doctor's difficulty, and wished to help him out of it; at any rate, the giving of her hand led him to offer his heart.

"Here is another way in which a gentleman got a wife. Being in a tobaccoist's shop, he asked a girl behind the counter, who happened to have red hair, if she would oblige him with a match. 'With pleasure, if you will have a red-headed one,' she promptly replied, with such a suggestive, demure smile that she aroused his interest. Further conversation proved her to be a person worthy of regard, and eventually the red-headed match was handed over.

"A lady with a fine figure having taken a fancy to a valuable ring, which she saw ticketed in a shop window, went inside to examine it. 'It is exceedingly lovely; I wish it were mine,' she said, on satisfying herself. 'What smaller figure will tempt you?'

"'No other figure than the figure before me,' he said, giving her an admiring look at the same time. 'It is exceedingly lovely, I wish—I could tempt you with the ring.'

"'I think I'll take it,' she said, laying down the money amidst blushes.

"Of course he accepted the money, but getting her address, he made such good use of the hint that the next ring which she got was given by him in the church.

"Quite as singular was the beginning of the courtship of the man who went into a shop for a pair of boots. 'I want them wide, please,' he said to the girl in attendance, 'as I have a good broad understanding.'

"She laughed at this reference to the breadth



of his feet, and said, 'A very good thing, too, in a man; but not in a woman.'

"How do you make out that what is good in one sex is bad in the other?"

"Ah, it is quite simple. You see Nature intended man to be supported by a firm sole, but woman by a yielding husband!"

"Whether he made a yielding husband or not, report says he made her his wife."

"A man who had been very unfortunate in business, while relating his reverses to a rich lady, wound up by saying, 'There is nothing for me but the union.'"

"Which one?" she inquired, with a smile on her lips and a soft look in her eyes. "If you care for me choose that union in which I may see you oftenest."

"Shall I say the matrimonial?"

"Ah, well, if you have a preference for that one, I have no objections," and the agreement was ratified.

"A lady in a railway train kept looking out of the window, with her head well forward, until she remembered that the gentleman opposite might possibly object."

"Do I cut off the view?" she asked.

"Merely of all I do not wish to see," he replied, gallantly.

"The ice having been thus broken, they entered into conversation, found they were to get out at the same station, and knew each other's friends. The rest was plain sailing into what somebody calls the 'Matrimonial haven.'"

"Are you married yet, Kitty?" said a sailor on meeting an old acquaintance after returning from a long voyage.

"No; that somebody has never come."

"Ah, then I have brought him after a deal of bother," he said, throwing his arms around her; and the matter was there and then settled.

"This was ingenuous enough, like the case of the theatrical manager, who was brought to the point when he called to inform his leading actress that he had secured a play at last which was sure to have a long run."

"You are to be a charming sweetheart as you are."

"Is there a wife in the piece?"

"There is."

"Then I have done charming sweethearts till I am tired. I must be a wife in the long run." And she was."

## OUT-DOOR HOUSEKEEPING.

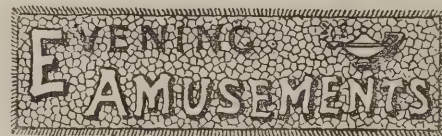
—:O:—

"SPRING'S delicious trouble in the ground" seems contagious, and sets all womankind into a fever of energy, which most often expends itself in house-cleaning and in looking over the wardrobe and planning for repairs and additions. No ill effects need follow this expenditure of nervous force, if the fact that good housekeeping means the outside as well as the inside be kept in mind, and part of the work done in the open air. And, however scrupulously kept or elaborately furnished a house may be, if its surroundings are untidy or devoid of embellishment there is a signal failure.

Many parlours, filled to overflowing with fancy work—a fleet of tidies moored wherever anchorage can be found, and every conceivable thing that needle or brush can devise, hanging from corners of pictures or from door panels—have an outlook upon a desolate strip of ground, while the time spent upon one tidy and the price of its materials would cultivate and purchase the seeds for sowing a charming bed of flowers. Then there is no anodyne so potent and harmless as working in the moist, warm earth. Take the strip of ground to the right of the house, which has hitherto been devoted to an ill-kept grass plot: let it be broken up and laid out in some simple design; then, suitably equipped in a sun-hat, thick shoes, and garden gloves, a piece of rubber cloth or old carpet for protection from the dampness, and a good, strong trowel, begin to make acquaintance with Mother Earth, and you will find her full of kindly sympathy. She seems to know that you are overworked and nervous, and resorts to many pretty artifices to divert you. There is a little cluster of claytonias—exquisite in their delicate pink and white markings—over in the corner under the shrubbery; though how they won their way there from the woods

is a mystery, and may be a suggestion. If the claytonia thrives in that shady, neglected corner, hepaticas and blood-root, and wake-robins and white violets, and a dozen other sweet, unnamed things, will grow equally well, and the ugly corner, which has until now been sacred to untrimmed bushes, a drift of dead leaves, or objects more unsightly, may be transformed into a beautiful "wild-garden." A walk to the woods, a little judicious transplanting, and a few baskets of wood's dirt will accomplish it all, and establish a bed of wild flowers that will increase in beauty from year to year and require but little care.

If the first essay at gardening is on a small scale, it will be more apt to encourage the beginner to make further efforts. Let a hedge of sweet peas form the background, buying mixed seed—an ounce will sow a long row. The seed should be planted early and deep, and have prompt support; brush is far more satisfactory than lattice or strings. If planted late, soak the seed for twenty-four hours in tepid water before sowing. Drummond phlox is so easily grown, and is so showy, that it should be one of the first varieties chosen. Petunias are equally satisfactory—the single sorts, of course, for the double requires especial care. Candy-tuft makes quick and sure returns, and is invaluable for cutting. But, of all sorts, let there be mignonnette, and plenty of it—its delicious odour will be swept through the house with every breeze—and the balsam pillow and "llang-llang" sachet will be envious. Asters are among the easily-grown annuals, needing only rich soil and freedom from weeds to give abundance of bloom. Marigolds, in the charming new varieties and in some of the old ones, are very satisfactory, especially for floral decorations, now that yellow flowers are so much used. If, in addition to these few sorts, which may be sown in the open ground and require only ordinary care, the amateur has a bed of pansies and one of verbenas, and fills another with sweet geraniums—and cares for them all properly—there will be plenty of material for bouquet making, and little use for bromide of potassium.



## OUR SPHINX AND PUZZLE PAGE.

—:O:—

Please to write "Sphinx" outside all letters intended for this department.

### NUMERICAL ENIGMA.

My whole, composed of 29 letters, is a true maxim.

My 24, 28, 10, 17, 1, 9, 12 was a noted comedian.

My 6, 8, 26, 4, 21, 14 is a farmer's implement.

My 20, 16, 18, 2, 7, 27 is a coin.

My 5, 25, 11, 3 is a pair.

My 29, 15, 22 is a fleshy excrescence.

My 19, 23, 13 is a number.

### METAGRAM.

Whole I am importance, change my head and I become successively, a mixture, richer, a tradesman, modern, a deserter, and to strike.

### CROSS-WORD ENIGMA.

In stale not in fresh.

In fowl not in flesh.

In trouble not in mirth.

In death not in birth.

In calm not in storm.

In chaos not in form.

In move not in stand.

While reformers may brand

My whole as pernicious,

Still, throughout this broad land,

'Mongst both virtuous and vicious,

It finds a consuming demand.

### WORD SQUARE.

1, Part of a leaf; 2, Animals; 3, To flow; 4, To discover.

### DIAMOND PUZZLE.

1, A letter; 2, A carriage; 3, To sing; 4, A contract; 5, A table; 6, A cover; 7, A letter.

### WORD CHANGE.

Change cent to dime in four words.

### TRANSPOSITIONS.

1. Transpose a poet and leave a colour.
2. A fish and leave a punctuation mark.
3. A measure and leave a vehicle.
4. The highest point and leave a spice.

### DECAPITATIONS AND CURTAILMENTS.

1. B-head and curtail to hinder and leave a preposition.
2. Ire and leave an animal.
3. Rancour and leave a deep hole.
4. An adage and leave a traveller.
5. Correct and leave a string.
6. Level and leave undecided.

### CHARADES.

I.

The first is useful as a check,

And very needful reckoned,

But it should never be applied

With unnecessary second;

In war it often will avail

To whole, and thus to turn the scale.

II.

Men ride my first, my second,

My third if a vowel's reckoned,

Is a negative and Scottish word

To do my fourth would be preferred

When one is hungry; and my whole

Expresses stains, I am told.

### CONUNDRUMS.

1. What are the points of difference between the Prince of Wales, an orphan, a bald head, and a gorilla?

2. What is the difference between Charon's boat, and the oldest hen in existence?

3. Why is a grouse flying like a grouse plucked.

### ANSWERS TO "OUR SPHINX," No. 15.

CHARADE—Quicksand.

ENIGMA—Paper.

KEEP THIS BEFORE YOU.—Does competition worry you? Then tighten up your belt, work the harder, do right, persevere—you will "get there." Concentrated aim and purpose, with perseverance, will give you what you seek. Don't trust the goddess Luck; at the most she is a fickle flirt. Should misfortune overtake you, retrench—work harder, but never give up. Confront adversity with unflinching perseverance, and the victory is yours. If your courage weakens, if you lack confidence, grow heart-sick and discouraged, remember—your competitors are only men. Think of Bruce and the spider—Napoleon and the Alps, then—try again.

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# THE COOK & HOUSEKEEPER

A JOURNAL FOR EVERY HOME



No. 18. VOL. I.

SATURDAY, JULY 2, 1887.

PRICE ONE PENNY

## A CASE OF IMPOLITENESS.

CIVILITY and good breeding are terms in the use of which the world generally makes no distinction; yet are they not convertible. It is quite true that no man can be well bred without being civil, yet he may have civility and be very far from the possession of good breeding. Good breeding is neither more nor less than the art of making those in whose company we may be thrown satisfied with us and with themselves. A little kindness and cordiality bubbling from the heart are far more

effective to this end than a drench of florid compliments and servile flattery, whose shallow source runs no deeper than the lips. Set compliments and strait-laced formalities do not show the well-bred man any more than loud-mouthed prayers and house-top orisons indicate the true Christian. There is a manner of saying and doing everything that goes a great way in impressing the value of the thing itself. Seneca says:—"A man may do another a favour, yet do it with so much harshness that it is like offering a hungry man a piece of stony bread; it may be necessary for him to swallow it, but it almost chokes him in the going down."

There is an indefinable something infusing the conversation of a well-bred man to which no one, however phlegmatic, can be insensible. Smooth manners and fascinating discourse cannot fall flat upon the appreciation of the most obtuse. A seeming unconsciousness of his own merits and accomplishments and a generous over-estimate of those of his fellows are marks which strongly distinguish the man of good breeding from the boor. We have known a man with an apparently inexhaustible store of information that could keep it closely locked until drawn out by those about him; and when he did speak it was with a manner of such graceful indifference that his speech carried with it the impression to his listeners

that he thought he was boring their ears with that which they were already familiar with.

Nor is it necessary that a man must be brilliant in company in order to show good breeding. Brilliancy is an article not within the reach of everyone, yet there are few who could not—if they would—say and do things in a manner to make the sayer and doer agreeable. We know that this would be somewhat of a task for that peculiar stripe of man

who takes great delight in the boast: "There is no deceit about me; I always speak my mind!" If such an one would occasionally take the time to consider before he does speak he might, perhaps, save himself from the judgment of the world that the mind of a jackass is not infallible.

It might be presumed, with some degree of reason, that learning—by which we mean book knowledge—would insure its possessor a knowledge of courtesy; yet this is not always the case. Learning is a good thing; yet the man that has it without the sense to use it is like him who loads himself with ammunition and lacks the weapon to make it effective. "Wisdom, valour, justice, and learning," says Steel, "cannot keep a man in countenance that is possessed of these excellencies if he lacks that inferior art of life and behaviour called good breeding;"—a sound observation; and



therefore it is not strange that we sometimes find the best read man to be the worse bred pedant, and the would-be wit nothing more than an accomplished buffoon. No; a knowledge of books may begin the gentleman, but it requires a certain contact and familiarity with the world to complete him. Good breeding is a study in itself. Nature may, and, no doubt, sometimes does, make the gentleman; and perhaps it would be difficult for Art to accomplish the task at any time without

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a little of her aid;—but when the book-student wraps himself up in his various ologies, his metaphysics, and his garments of ancient lore, he loses all consciousness of the world around him, or that there is a world, and filled with sensitive creatures to whom he owes a certain amount of consideration.

They say, "the table is the touchstone of good breeding," and there can be no question that the lack of it is more noticeable there than elsewhere. It is not an unusual thing to find among those who gather around the festive board an occasional one—whose rank lies, without protest, among "men of letters"—displaying the politeness of the pig. All his actions suggest that the trough, and not the table, would be the proper sphere for his gastronomic operations. With guzzling sounds and smacking noises of the lips, the contents of the glasses and various dishes within his reach will vanish with marvellous rapidity, while he keeps the carver so busy in replenishing his plate that that individual has no time left to attend to the wants of others or his own either. Another fine opportunity for the display of his ill-manners occurs when his meat chances to be not overly tender or his knife a little dull. Then will he try to dissect it into convenient mouthfuls by sawing through it so vigorously that the goblets and wineglasses find it impossible to keep their feet and commence dancing about the table, spilling their contents and upsetting the nerves of sensitive guests. Such a man gains his place in good society, and is tolerated there, because of his learning, while his questionable manners—if anyone be bold enough to question them—are laid at the door of eccentricity.

## FUGITIVE VERSE.

—:—

### IT IS WELL.

Yes, it is well! The evening shadows lengthen,  
Home's golden gates shine on our ravished sight;  
And though the tender ties we try to strengthen  
Break one by one—at evening time 'tis light.

'Tis well! The way was often dull and weary,  
The spirit fainted off beneath its load;  
No sunshine came from skies all grey and dreary,  
And yet our feet were bound to tread that road!

'Tis well that not again our hearts shall shiver  
Beneath old sorrows once so hard to bear;  
That not again beside death's darksome river  
Shall we deplore the good, the loved, the fair.

No more, with tears wrought from deep inner anguish,  
Shall we bewail the dear hopes crushed and gone;  
No more need we in doubt or fear to languish—  
So far the day is past, the journey done.

As voyagers, by fierce winds beat and broken,  
Come into port beneath a calmer sky,  
So we, still bearing on our brows the token  
Of tempest past, draw to our haven nigh.

As sweeter air comes from the shores immortal,  
Inviting homeward at the day's decline,  
Almost we see where from the open portal  
Fair forms stand beckoning with their smiles divine.

'Tis well! The earth, with all her myriad voices,  
Has lost the power our senses to enthrall;  
We hear above the tumult and the noise  
Soft tones of music, like an angel's call.

'Tis well, O friends! We should not turn,  
retracing  
The long, vain years, nor call our lost youth back;  
Gladly, with spirits braced, the future facing,  
We leave behind the dusty, foot-worn track.

—Chambers' Journal.

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## The Cook and Housekeeper.

SATURDAY, JULY 2, 1887.

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(ARRANGED ALPHABETICALLY.)

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**Fat for Frying Fish.**—Dripping is preferred, but when not in sufficient quantity it may be improvised by mixing it with suet heated in a jar and strained, and a fourth part of butter. Melt the whole together; throw into it while boiling an onion stuck with cloves and a bundle of sweet herbs; then when the latter are quite dried up, strain fat, and put into a jar for use.

**Feet, Calves',** may be cooked in various ways. If you wish to serve them *au naturel*, or plain, when they are cleansed and boiled, drain and dish them hot, with salt, coarse pepper, and vinegar. A fricassee is made by cutting them up in small pieces when they are boiled and putting them in a saucepan with a large piece of butter, mushrooms, a bunch of parsley, and green onions, two shallots, a bay leaf, and thyme; warm them over the fire; then add a little flour, a glass of vinegar, some stock, salt, and coarse pepper; let the whole boil half an hour over a slow fire; when the sauce is reduced to half the quantity take out the herbs, and put in the yolks of some eggs; thicken without letting it boil, then dish up quick.

**Feet, Calves', à la Saint Ménéhould.**—Take four calves' feet, split them up the middle, scald them, tie them up, and let them stew in a good braise; when done, and the sauce nearly consumed, let them cool; then take them out, and grate some herbs or crumb over them; baste lightly with the fat of the braise, and broil a fine colour.

**Feet, Calves', Fried.**—Take some calves' feet and chop them in two (boning them or not, as you like); boil them in flour and water; then let them soak, together with a piece of butter rolled in flour, or some salt, pepper, vinegar, shallot, or garlic, according to taste, parsley, green onions, thyme, and bay leaves; when sufficiently flavoured with this marinade or pickle, flour and fry them covered with paste; serve in the fried parsley.

**Feet, Pigs'.**—Tie some pigs' feet round with wape, and put them in a saucepan with some thyme, a bay leaf, carrots, onions, a few cloves, parsley, green onions, and some vinegar. As they should boil some time, they require much liquor; let them simmer twelve hours without intermission; then let them cool in their liquor; afterwards take off the tape, and leave them till next day. When ready to dish, dip them in lukewarm melted butter; season with coarse pepper, and roll them in crumbs of bread; broil over a slow fire, and serve without sauce.

**Filets d'Agneau** (or hashed lamb *à la Anglais*).—Put a slice of butter into a stewpan, with a few mushrooms cut in pieces, and a bunch of herbs; shake them over the fire with a little flour, moistening with stock; then let the mushrooms stew till the sauce is nearly consumed. Then put in some slices of cold roast lamb, with the yolks of three eggs beat up with milk. Thicken the whole over the fire; take care that it does not boil; season to your taste, and before serving add a sprinkling of vinegar.

**Filets of Mutton, fried with Potatoes.**—Trim ten or twelve thin slices cut from the fillet of a loin of mutton; season with salt and ground pepper, first dipping them into melted butter; when you are ready to serve, broil the chops of a fine colour, and place them on a dish with potatoes fried in butter and well seasoned.

**Finnon Haddocks** should be broiled over a clear quick fire; serve hot, with a little butter. The haddock may also be toasted, or fried.

**Fish Balls.**—Chop fine half a pint of cooked salt fish, boil six good sized potatoes, and turn out tray with the fish as soon as they are done, now mash them fine and light, and mix well with the fish; add one tablespoonful of butter, one egg if you like, but they will be good without either. Shape out round balls about the size of an egg, and fry in boiling fat until brown. It will take about five minutes.

**Fish Cakes.**—Boil the bones, tails, heads, &c., of any fish in a little water; add herbs and spices; mix the flesh of the fish with bread crumbs; fry, and add the gravy from the trimmings.

**Fish** (Caledonian way of Dressing Fish).—Boil the livers of the fish and make them into forcemeat balls, with a few onions, pepper, and salt. Put the water on with cold butter and whole onions, and when the onions are sufficiently boiled put in the fish, and stew them with their heads on, seasoning with salt and cayenne pepper; add balls also. Some persons use beer instead of water.

**Fish Collops.**—Cut a halibut into nice collops, fry them and put them into broth made of the bones, four onions, a stick of celery, and a bundle of sweet herbs boiled together for half an hour. Strain this broth; thicken it, and stew the fish for half an hour, adding salt, pepper, and pounded mace, a spoonful of fish sauce, and one of lemon juice.

**Fish Hash.**—Half a pint of finely-chopped salt fish, six cold boiled potatoes chopped fine, half a cup of milk or water, salt, and pepper. Two ounces of pork cut into thin slices and fried brown. Take pork out of frying pan, and pour some of the gravy over the hash; mix all thoroughly, and turn them into the frying-pan; even it over with a knife, cover tight, and let it stand where it will brown slowly for half an hour; then fold over, turn out on the platter, and garnish with salt pork.

**Fish, Potted.**—Take any kind of cold fish; free it of skin and bone. To each quart of fish add one spoonful of essence of anchovy, three of butter, two spoonfuls of salt, a little white pepper, and a speck of cayenne. Pound the fish to a paste before adding butter and anchovy. When all the fish is thoroughly mixed, pack the fish in little stone jars. Place them in a pan of water in very moderate oven. Cook forty-five minutes. When cold pour melted butter over fish. Paste paper over the top and set away.

**Fish, Salt, that has been Boiled.**—Break it into flakes and put it into a pan with sauce thus made:—Beat boiled parsnips in water; then add to it a cup of cream, and a good piece of butter, a little white pepper, and half a teaspoonful of mustard, all boil together; keep the fish no longer on the fire than to become hot, but not boil.

**Fish Soup.**—Notwithstanding the quantity of excellent fish suited to the purpose with which the English markets are supplied, this nutritious, elegant, and economical viand is not often introduced to table. Nothing could be more easy than to multiply recipes for an excellent variety. Those that follow will, however, show how much may be done with many kinds of fish which are not in high estimation.

**Fish Stew.**—Four pounds of any kind of cheap fish, one onion, a quarter of a pound of salt pork, one quart of water, two table-spoonfuls of flour, salt and pepper to taste. Remove head, tail, and skin of the fish. Slip a large knife between the flesh and the bones. Put the head, tail, and bones into a stewpan with one quart of cold water, letting them come to the boiling point and simmering for twenty minutes. Cut the pork and onions into thin slices. Fry the pork until a light brown; add onions, and cook until a light straw colour; add the dry flour, and cook three minutes, stirring all the while. Strain upon it the water in which bones and heads were boiled. Boil five minutes, and season with salt and pepper. Have the fish cut into pieces, which lay in saucepan with gravy. Cover and simmer very slowly for thirty minutes.

**Fish, Stewed** (Hebrew Fashion).—Take three parsley roots, cut into long slices, two or three onions also sliced; boil together in a quart of water until tender; flavour with white pepper, nutmeg, mace, saffron, the juice of lemon, and a spoonful of vinegar. Put in fish, let it stew for twenty minutes or half an hour; then take it out, strain the gravy, thicken it with a little flour and butter; have balls made of chopped



fish, bread crumbs, spices, and the yolks of two eggs mixed up together, and chop them into liquor. Let them boil then put in the fish, and serve it up with the balls and parsley roots.

**Fish Stock for White or Brown Fish Soup.**—Take a pound of skate, four or five flounders, and two pounds of eels. Clean them well and cut them into pieces; cover them with water, and season them with some pepper, salt, and onion, two parsley roots sliced, and a bunch of sweet herbs. Simmer an hour and a half, close covered, and then strain off for use. If for brown soup, first fry the fish brown in batter, and then do as above. It will not keep more than two or three days. The gravy from potted herrings or hunter's beef gives the most delicious flavour to soups, and in families where fish soups are much used, the former would be found a valuable preparation, if for that purpose only.

**Fish—Warming Cold Fish.**—All kinds of salt fish can be warmed in a white sauce, and can be served in it in a border of plain mashed potatoes; or the fish may be added to the sauce, put in a deep dish covered with bread crumbs and browned in the oven; or it may be covered with mashed potatoes instead of the crumbs, and browned. Sauce for one quart of cold fish:—One pint of milk, one tablespoonful of butter, one of flour, salt, pepper. Let the milk come to the boiling point. Rub the butter and flour together until smooth, and stir it into the boiling milk. Boil three minutes. Season with salt and pepper. Add fish, and simmer until hot.

**Flemish Wafers.**—A pound each of fine dry flour and fresh butter, and half a dozen eggs; first mix eggs with butter in basin, put a little salt, then sift flour over the eggs and butter, and add to it a spoonful of yeast. Then mix with the above a pint of cream, work well with the hand, and put by until dinner time. Grease bacon mould with bacon fat for the first only, as others will come out without any additional grease. When you serve up sprinkle fine sugar over them.

**Florentine, A.** of flesh or fish is a fancy name for a simple dish. Take some lean veal and cut it into thin slices; season them with cloves, mace, nutmeg, pepper and salt, and sweet marjoram; put these, slice upon slice, with the mixture, and some fat bacon; then put them into a dish and bake them in a crust with balls of forced meat and a little pepper, some mushroom buttons, a slice or two of lemon, some vinegar and water; then close the pie, bake it in a brisk oven, and serve it hot. The same may be done with kidneys, steaks, &c.

**Force meat Balls or Cakes** may be made with all kinds of forcemeat or with cold roast beef, thus:—Mince some meat and put it on the fire with a slice of butter, a little parsley and green onions shred fine; shake in a little flour, and moisten with stock; add a little pepper, and reduce to a thick sauce that will adhere to the meat; then let it cool; next make a faile with flour and water, and a little butter and salt; knead and roll it with a rolling pin as thin as a half-crown; put your meat upon it in small parcels, a full finger's distance from each other; wet the paste round the meat, and cover it with some of the same paste rolled to the same thickness, pinching the paste round the parcels of meat with your fingers. Cut the rissoles and cakes separate, and fry them of a good colour. You may make this dish with the remains of a hash.

**Force meat and Stuffing.**—Take a pound of fillet of veal, a quarter of a pound of fresh pork, and some beef marrow; season with pepper, cloves, and grated nutmeg; then add some veal sweetbreads, truffles, and mushrooms, mincing the whole up together very small. Instead of veal, you may use if you please the white part of any poultry or game, or both in equal quantities, and instead of pork sausage meat. It is with this stuffing or forcemeat that meat pies are garnished. If you wish to make forcemeat up into balls, add the yolks of some eggs, and roll them in flour.

**Force meat Ragout.**—Put into a saucepan a slice of fresh butter, with some sorrel, lettuce, chervil, parsley, and green onions, the whole well washed squeezed, and chopped fine; shake the saucepan over a good fire till the liquor of the vegetables is entirely consumed; then put in a little flour, moisten with some gravy, and add salt and coarse pepper. Let it boil till the herbs are well done, and the sauce wholly consumed; then add the yolks of three eggs beat up with cream, and thicken the ragout over the fire without allowing it to boil.

**Fowls and Cauliflowers.**—Braise the fowls, and when done serve them with cauliflowers, which you boil in water with a little salt and butter, some time before serving; throw into them cold water, and re-warm them for use; drain them well in a napkin, garnish the dish, and give them as much as possible the appearance of one cauliflower. Mask the whole with bechamel.

**Fowls à la Crouste.**—Make incisions in the breasts of the fowls, in which fix upright scalloped slices of truffles, which will have much the effect of the upright fin on the back of a perch. Cover them with fat bacon, with care, that the trusses may not be broken, and braise the fowls. Serve with a financière, with pieces of truffles cut into it.

**Fowls à la Montmorenci.**—Lard your fowls on the breast, and proceed as for turkey. They may be served with various ragouts, such as financière en royale, Toulouse, Allemande.

**Fowls à la Toulouse.**—Braise the fowls; serve them with a Toulouse.

**Fowls à la Vallerin.**—Put a little butter and lemon juice worked together in the inside of the fowls, and put them in an oval stewpan with a pöete, the bottom of the pan being lined with fat bacon. Three-quarters of an hour will suffice, and serve with a financière.

**Fowls—Roast Fowls and Truffles.**—Pass about three pounds of truffles in butter, with salt, pepper, and a little grated nutmeg; stuff the fowls with these immediately after you have killed and drawn them; close the skin, and hang them up by the back; let them hang four or five days; then pick and truss the fowls with the legs extended straight out, not crossed, and a skewer to keep them in that position. About an hour will suffice for roasting them. Serve under them Spanish sauce with wine.

**French Fried Pudding.**—Beat four eggs to a quart of milk, sweeten and flavour to taste; cut slices of baker's bread, and steep them until thoroughly saturated; then fry in hot butter and serve. Half this quantity for a small family.

**French Soup.**—Take three pounds of beef, with a small piece of liver, and a veal bone of about half a pound weight, and two quarts of water. This should be put into an earthen vessel, and placed on the side of a slow fire by two o'clock to be ready at five. When the meat has boiled once skim it well, then add salt, a carrot, two large leeks, one turnip, a piece of celery, a burnt onion; the soup must now only be allowed to simmer until five. Skim well, and put in thin slices of bread.

**Fricandeau of Veal.**—Take some pieces of fillet of veal about two or three fingers thick; lard one side of them with large pieces of bacon, well seasoned, and put them in a pan with all kinds of vegetables, a large bunch of parsley, green onions, thyme, basil, and bay leaves; cover the whole with thin slices of bacon; then moisten with good broth, and let it simmer three or more hours. Next take out the slices of bacon, and put the veal in another brasier, skimming off the fat of the sauce which remained in the first, and passing it through a hair sieve into the other; lastly, reduce the sauce over a hot stove, and when it is rather thick turn the meat alternately on every side, that it may be equally coloured, and serve it up on endive.

**Fricassee of Tripe** is worth introducing into English cookery. Scrape and clean some tripe very carefully; cut it into small pieces, and wash them several times, first in boiling and then in cold water. Next boil them with some shred onion, a clove of garlic, and a few cloves. When done, shake them up over the fire in a little butter, with a pinch of flour in it; moisten with a spoonful or two of white stock, and thicken and colour with some yolks of eggs. A little shred parsley is considered an improvement by some persons.

**Fricassee Turkey Giblets.**—Scald and pick the giblets of turkeys or other poultry, and put them in a stewpan with a slice of butter, a bunch of parsley and green onions, some shallots, thyme, basil, a few mushrooms, a bay leaf, and two cloves; set the whole upon the fire; shake in some flour, moisten with water or stock, and season with salt and coarse pepper; let it stew and consume to a thick sauce. When ready to serve, take out the bunch of herbs, thicken with the yolk of three eggs beat up with cream, adding a little vinegar. If you wish to fricassee the giblets brown after having floured them, moisten

with equal quantities of stock and gravy, let them boil and reduce to a thick stock.

**Fried Calves' Brains.**—Wash, pick, and blanch them in the same way as usual (soak two hours in cold water, then blanch in boiling water for ten minutes), then cut into several pieces. Next put them in a dish with salt, pepper, and vinegar. When they are ready to fry drain, flour, and cook in batter. When done, serve with fried parsley.

**Fried Carp.**—Scale and draw a carp, split the back in two, and take out the roe; then rub the fish over with flour, and fry it in hog's lard or melted butter; when about half done, put the roe into the fryingpan with the fish, and let them fry together. When done, serve garnished with fried parsley.

**Fried Cauliflower.**—Having picked and washed them, throw them into boiling water with a little salt, and when three-quarters done take them out, drain, and put them into an earthen pan, with salt, pepper, and vinegar; heat them over the fire in this seasoning, then fry in batter made as follows:—To three spoonfuls of flour add two eggs, a little salt, some oil, and a tea-spoonful of brandy.

**Fried Chicken.**—Cut up two chickens. Then put a quarter of a pound of butter mixed with a spoonful of flour into a stewpan, with pepper, salt, vinegar, parsley, and green onions, thyme, bay leaf, basil, two or three cloves, onions, carrots or turnips, and a little water; mix these over the fire until they are lukewarm. Steep the chickens in this pickle during three hours; then having dried the pieces and floured them, fry of a good flour, garnishing with fried parsley. You may dress any other white poultry in the same way.

**Fried Cod, Salt.**—Boil it in water and wash it by flakes; then steep them two or three hours in a little vinegar and water, with some salt and pepper, parsley, and green onions, sliced onions, and some cloves. Having dried the pieces, flour and fry them, serving with fried parsley.

**Fried Fresh Herrings.**—Draw, scale, clean, and flour them; fry in a very little hot lard or butter, and serve sprinkled with fine salt and garnish with fried parsley. In the north of England they sometimes fry them in their own fat, with chopped onions. Fresh herrings are very nice when put on a clean, hot gridiron, and served with melted butter and capers.

**Fried Potatoes** may be done several ways. Mix a paste with potato or wheat flour, two eggs beat up with water, a spoonful of oil, some salt, and pepper; mix the paste well, that there may be no lumps; then peel some raw potatoes and cut them in thin slices, dip them in the paste and fry brown; before serving sprinkle some salt over them.

**Fried Potatoes à la Sybarite.**—Boil, peel, and mash some potatoes; make a purée of them, and when pressed through a sieve add some good cream, salt, and a little sugar; form them into balls, roll them in some paste, and fry of a good colour.

**Fried Potatoes (Another Way).**—Cut some raw potatoes into thin slices and fry them in clarified butter; when brown and crisp, drain off all the grease in a towel, and serve on a napkin or in a deep dish, sprinkling them with a little fine salt.

**Fried Potato Balls.**—Boil, peel, and mash some potatoes; then mince the remains of any meat you may have, boiled or roast, adding a little butter, salt, and pepper, with some parsley, green onions, and shallots, all shred fine, and one or two eggs; take the same quantity of potatoes you have of minced meat, mix the mash together, and form it into middling-sized balls, which dip into the whites of some eggs; roll in flour, and fry, serving garnished with fried parsley.

**Fried Potatoes (Dutch Fashion).**—Having boiled some potatoes in salt and water, peel and mash them to make a purée (any vegetable boiled and rubbed through a sieve or tammy); season with salt, pepper, and fine herbs, and moisten with a little gravy if handy; the purée should be very thick; then make it into balls, which, having dipped in egg beat up, fry, and serve with fried parsley.

**Fried Skate.**—Take off the skin and cut the skate in pieces; steep them for two or three hours in a little water and vinegar, with salt, pepper, parsley, green onions, all shred fine, some onions sliced, and cloves; then, having dried and floured the pieces of fish, fry, and serve with parsley.



**Fried Smelts.**—Clean a dozen smelts, flour them, and fry in hot fat until they are of a rich golden colour, put them on kitchen paper, sprinkle with salt, and garnish with fried parsley.

**Fried Tench.**—After having drawn, well washed, and dried the tench, slit them down the back, season with salt, and put them in the frying pan into some boiling lard; fry of a good colour, and serve with the following sauce:—An anchovy, some mushrooms and capers all shred fine, stewed in a little meat gravy, with lemon juice and fish cullis.

**Fried Whittings.**—Wash and draw them; take off the skin, and roll them round with the tail in the mouth; dry them with a cloth, and rub them over with flour; melt sufficient hog's lard in a frying pan to cover the fish; put them in, and fry of a good colour; let them drain on a fine cloth; serve on a hot dish, with anchovy or shrimp sauce.

**Fritters of Salt Cod.**—Boil some cod in water, and well drain it; then take the longest flakes, and dip them in a batter made with flour, a little vinegar, and a very little salt; fry, and serve garnished with fried parsley.

**Fritters—Paste for making Fritters.**—The best, lightest, and simplest of all pastes for frying meat, vegetables, or fruit is that which is composed only of fine flour diluted with milk, and the addition of a little salt and vinegar. This paste should not be made till the moment it is wanted. For differentials see "Apples," &c.

(To be Continued.)

## Fireside Novelettes.

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(The continuation of "The Silver Wedding" will appear next week.)

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### OUT OF THE GLOOM INTO THE GLOW.

BY CARL BRICKETT.

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SUCH a flower-like face—such bewitching blending of carnation and rose and lily in colouring—such eyes, just like dewy violets, blue in the sun, purple in the shade—and, above all, such an expression of angelic sweetness; what wonder that, seeing such loveliness, Ralph Anstice should conceive an instant desire to have it for his own!

Ralph was handsome, and possessed of an attractiveness besides which never failed to win those for whose benefit it was exercised, and he followed up the opportunities which his short month's sojourn with farmer Withers, at Mossdale Farm, afforded him so energetically that, when he left for his home, he carried with him the memory of a sweet assent breathed by Mary Withers, and a sweeter caress given and returned beneath the fragrant shade of the great lilac by the farmyard gate.

That his father could possibly raise any objections to his sudden betrothal Ralph did not pause to think, for hitherto his wish had been law with his doting parent; but if the idea had gained entrance into his mind it would have been disposed of in this wise: "Once he sees my little darling he can only admire and love her. Who could help it?"

And so the surprise was in proportion to its unexpectedness when, upon giving utterance to the happy secret with which his heart was laden, he heard, for the first time, harsh words issue from the lips that had never before opened to him save in kindly, beneficent fashion.

"But, father—"

"But me no buts." Enough, Ralph. I wish to hear no more of this silly love-talk. Do not think that I will ever consent to see any ignorant, rustic maiden occupy in our home the proud position your dear mother filled with so much grace and honour."

He pauses, and Ralph, who has been awaiting his chance to put in an expostulatory word with manifest impatience, exclaims impetuously:

"You have judged without sufficient knowledge, father; it is true that my betrothed is a country maiden, and was born and lives in a country farmhouse, but she is, nevertheless, a true lady in every sense of the word."

"Enough! Enough! All lovers talk just so,

Ralph, I credited you with more sense. But rest assured, my consent to such a betrothal as you propose shall not be given. Leave me now. When we meet I trust you will have seen the wisdom of my objection and your own folly."

And, dazed and bewildered by his father's unexpected opposition, the young man went.

He did, indeed, think it over, but the result as reported to his father when the two again met highly incensed the old gentleman.

"And this is your decision? You have determined to act in direct defiance of my wishes for the sake of a fancy born of an hour?"

"My faith is pledged," Ralph answered, proudly. "I am an Anstice, sir. One was never known to break his word."

But Ralph had not reckoned upon the strong sense of duty that was hidden beneath his little love's gentle exterior. The small village that was her abode was distant from his own home but half a day's journey, and thither, as fast as steam could take him, he went, to meet a second time—disappointment.

"Let us be married at once, darling," he pleaded. "I am not dependent upon my father for means. Once our union is an accomplished fact, I am convinced that all opposition will be at an end, and everything will be as harmonious as before."

But neither urging nor passionate pleading could move the girl to consent to what she thought was not right.

"Your father is old. If his life were to be shortened through our means, could we be happy? No, Ralph, I cannot, as things are, become your wife. God would never bless a union founded upon filial disobedience."

The young man made a step forward, and took the resolute speaker's face in his hands and studied it intensely for an instant, until the violet eyes filled with tears, and drooped before his reproachful gaze.

"You do not love me," he exclaimed. "I know it, spite of these tears that seem to tell a different story. If you did, you could not be so firm, so hard. Well, since it must be so, this is good-bye—a long good-bye."

Stooping, he pressed a hasty kiss upon the lips that did not open to bid him stay, and was gone.

Not till his fast departing footsteps died away upon her ear did the girl realise to the full what she had done, and how more than dearly, how passionately she loved the noble-faced youth whom, for duty's sake, she had driven from her, it might be, forever.

With a low cry, she flung herself upon the sward beneath the great white lilac, which bent above her its odorous blossoms as though in pity, and there, alone with her grief, she sobbed and wept until, from very exhaustion, the tears came no more.

Six months go by.

In the cosy sitting-room of Mossdale Farm, its two inmates have been engaged for some few moments in a very earnest conversation.

"It is indeed strange that this new patient should prove to be Ralph's father," Dr. Guy Withers says, thoughtfully. "Did you ever hear Ralph speak of his father's sight being defective?"

"No, it must be something very sudden. Guy, it does not seem strange—it is the direct hand of Fate. Dear brother, pray yield to my wish. If you do not, you will have the ruin of two lives' happiness to account for."

Guy Withers smiles.

"It is but another exemplification of the lines: 'When a woman will, she will, you may depend on't.' I start this noon, directly after lunch. If you really mean to go, be ready."

The state of affairs is this: Not long after his estrangement from his son, and the departure of the young man from the parental roof, the terrible affliction of blindness had befallen Mr. Anstice, the stately old gentleman, who, though past the allotted age of man, had been wont to boast of his unimpaired vigour and powers.

Physician after physician had come and gone, but all their skill had been unavailing. Now a new one—Guy Withers—is being momentarily expected; a young man whose career in his chosen path as an eye specialist has been a remarkable series of successes.

With him, at Mr. Anstice's request, is to come a nurse of his own choosing, who will see that everything is carried out according to his wishes. The nurse was Mary Withers, Guy's sister.

Six more months elapse, and the stubborn malady which has defied science so long has begun, beneath the new treatment, to evince signs of yielding.

At length the cure is effected, and the old man is once more able to look upon that world whose beauties he seems to see for the first time. His eyes filled with wonder as they rest upon the face and form of the young creature who has so patiently and tenderly ministered to him through his long weeks of trial, and whom he has known as Miss Dale.

"I had no idea she was so young," he thinks.

This is what he says as he takes her hand into his warm, fatherly clasp:

"Miss Dale, I feel that I owe to you this blessed recovery as much as to Dr. Withers. My dear, words are too weak to express my sense of kindness. You speak of leaving me very soon. I shall see you depart with sorrow. But you must return sometimes and see me. I am an old, unhappy, childless man. I shall be very lonely when you are gone."

The flush which his first fervent words brought to the girl's cheeks, suddenly dies away, as putting out her hands, as though to ward off a blow, she exclaims, repeating his words:

"You are childless! Oh, sir, Mr. Anstice, what do you mean? I have heard of your estrangement from your son, but not—not that he no longer lives. Oh, it cannot be that."

For an instant an expression of surprise crosses Mr. Anstice's face as he regards the vehement speaker. Then it changes to one of hopeless despair.

"Alas!" he sadly says, "it is but too true. I am, as I have said, childless. The words announcing my only son's death were the last that my eye looked upon when the fell stroke came that deprived them so suddenly of their sight. This is what the paper said, that in the far-off Western wilds, whither my harshness had driven him, while assisting a party of young men who had volunteered to protect a post upon the frontier that had been threatened by the Indians, my son had met his death at the hands of the savage foe. My health prevented me from proceeding to the fatal spot myself, but sympathising friends who went for me brought back only mournful confirmation of the dire tidings. His body had been mutilated, but had been recognised by its garments."

"Ah! the anguish which rent my soul—which rends it now! Child, something of it you may know when I say that from that day until now his loved name has never passed my lips, or been mentioned in my hearing; for the very thought of him sends through every nerve of my being the most intolerable agony."

With a low, anguished cry, the young girl sinks upon his knees, and buries her face in her hands.

"Dead! my noble Ralph! Then you and I have killed him! His death is at our door!"

"You and I, child! What do you mean; what do you know about my son?"

"What do I know? This: That, rather than marry him against his father's commands. I sent him from me, refused to listen to his pleading words. Oh, had I known it would be death my love would have overmastered my conscience. Oh, would that it had! would that it had!"

Feebly rising, the old man goes to the sobbing girl and clasps his trembling arms about her. There is silence; but only for a few moments, for light footfalls come up the staircase, and the door opens to admit two manly forms. One is Dr. Withers, the celebrated oculist, whose latest cure has added to his already great reputation; the other—ah, Alice knows, and with an inarticulate cry she sinks fainting to the floor.

When her eyes open once more to consciousness she finds herself upon the sofa, with one hand in her brother's, who is professionally feeling her pulse, and the other close in her lover's warm clasp.

Near by, with a light upon his venerable brow, such as surely few mortal joys can bring, is the aged father, who never more will need to



reproach himself that by his own harsh sternness he drove his only son to his doom.

The mistake that had resulted in the report of Ralph's death had been easily made in the excitement of the moment. A companion of similar height and complexion had been shot and buried, while Ralph had been made a prisoner, to escape only after exciting and perilous vicissitudes which take many a long evening of fireside conversations to relate.

Truly Fate has mingled the chords of these lives strangely enough; and yet one cannot say that it has been for naught while witnessing the wedded bliss of Ralph Anstice and his bride.

## HEALTHY AND COMFORTABLE HOMES.

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(Continued from page 268.)

SOMEONE has said that it is only necessary to examine the mantelpiece of a room to decide upon the character and tastes of its occupants; and this is frequently the feature of a room which least repays investigation. Large, flat-shaped china vases, with jagged edges, covered with gaudy flowers and gilding, are favourite ornaments in common country houses; as is also a large china rooster, or setting hen, that forms the lid of a mammoth match-box. The lady who displayed a huge shell-comb as a mantel ornament because it had cost money in its day has many prototypes, but they do not happen to own shell-combs. Old-fashioned candlesticks, real silver, if possible, are always in order for the mantel; and the candles in them should be lighted as occasion requires, as they are prettier and more agreeable illuminations than gas or lamps. Besides the candlesticks, a pair of handsome vases with covers and handles, and, as a central figure, not a clock to be always reminding people that it is time to do something they do not wish to do, but a picture, a mirror, a piece of bronze, or Parian.

The usual mantelpiece is a shelf of white marble, with marble slab and jambs beneath; and the sooner this cold unsuggestive surface is decently buried out sight, the better.

A plain covering of any kind that harmonises with the other draperies is a great improvement, and this should reach the bottom of the slab beneath the shelf, and be finished with a fringe. Most elaborate mantel-coverings are wrought with crewels and silks and appliqué; but these are not always in good taste, and should be well considered before venturing upon them in connection with the other furnishings. The latest fashion is for wooden mantel-pieces, which we have already described in the article on dining-rooms. In the parlour the mantel is usually surmounted by mirrors, but shelves for holding vases and other bric-a-brac are admissible. The shelves may be covered with cloth, in colours to harmonise with the drapery of the room if preferred. Vases and plaques standing against the drapery have a good effect.

The parlour is undoubtedly the place for pretty things to congregate in, as it may be called the one spot in the house that is entirely free from any kind of business association—people neither eat, nor sleep, nor study here, as a general thing, but sweet do-nothingness may have its full sway, and the occupants are at their best and prettiest. Lightness and beauty are therefore quite in order in the furnishing of this apartment, yet ornament, and especially home-made ornament, should be used with a sparing hand, as a look of bareness even is preferable to that of a fancy fair. Meaningless brackets that support nothing, superfluous tidies, and gaudy combinations of silks and worsteds are never in good taste.

A room that looks as though it was not meant for use is never attractive, however "artistic" it may be; and comfort is quite as important a consideration in the parlour as elsewhere. Hard, stiff seats of any kind should be resolutely banished, and the best chairs and sofas are those which you like best, and which best conform to the natural contour of the human figure in repose. A sofa, to be really serviceable, should not be covered with pale blue satin or maize-coloured tabouret, but with a good tapestry covering in a neutral hue—say

sage green or dark, rusty red—to wear well. The tapestry should not be too fine to lie down upon, or even, in the privacy of family life, to lie one's feet upon. And the whole sofa should, if possible, turn toward the fire, so that its occupant may have his face toward the cheerful glow. At the same time, a little wicker-work table—black and gold, if you will—may hold a lamp for reading.

As to chairs, a couple of good, well-stuffed easy-chairs, also covered with the same tapestry, and arranged so as to look toward the fire, ought to be sufficient for luxury—while six or eight little ebonized and cane-bottomed gossip chairs are the simplest and prettiest "occasional" furniture one can have. The gossip chair has a curved back which exactly fits the natural curve of the body, and the seat slopes gently downward and backward so as to give the best possible support with the least angularity or awkwardness. With these pretty little clean cane seats, a black wicker-work chair, two easy chairs, and a sofa, you should have enough places for family and guests in a quiet household.

The ugliest piece of furniture that can be put into the parlour is a piano; the cottage or cabinet-shape is tolerable, because less prominent, but the dark, clumsy, obtrusive structure in general use is a perfect nuisance in a small room, and should be got as much out of the way as possible. An irregularly shaped room with recesses is delightful for this purpose, if any of them will accommodate it; and if there are two rooms, let the piano by all means be placed in the further one. A handsome cover will clothe its dreary aspect with a little beauty, and its loud sounds will be sweeter for the enchantment lent by distance. Some parlours are all piano and carpet; but such apartments can in no sense of the word be called "living rooms."

For furniture covering, the material known as "reps" should be avoided by those who like beauty and durability. It fades badly, besides being of harsh, ungraceful nature. Raw silk is an excellent material, and there are many woollen and other stuffs. The soft, pretty cretonnes of endless tints and styles are charming for a cottage parlour, and also for a city one that may be treated as such. The curtains should be of the same material, while a carpet of plain brown felt with a bordering of green, and a mantel cover of some brown material embroidered with roses and leaves, would make a cheerful room.

"Sets" ordered of an upholsterer, besides being expensive, are seldom satisfactory to a person with an eye for simple beauty, and quite destroy the charm of interest and variety that is produced by having few things alike.

A screen is always a graceful and agreeable object in a room. "They quiet the glare of blazing lights," says a writer, "subdue harsh angles, shut out unsightly views, and, placed here and there about a room, serve to give charming "variety," etc. A screen also affords good opportunity for the display of home skill in embroidery.

A cabinet is usually a handsome piece of parlour furniture, and its drawers and doors and open shelves are full of interest. The wood of which it is made should, of course, match the other woodwork, and a prettily-embroidered hanging here and there will give a look of brightness. This is the proper receptacle for all sorts of dainty and fragile things: choice bits of china, carving, or engraving: the numberless little treasures that one picks up along the path of life, and that one does not like to see carelessly handled.

This is a piece of furniture, too, that especially requires to be shown to advantage, and a writer on colour says: "Once, having purchased a curious carved cabinet of light oak, made in the sixteenth century, and brought it home to my white drawing-room, I experienced an unaccountable sense of disappointment on seeing it in its place. I found it only half the size I expected; I found the carving more trivial, the colour more dull, the whole thing an eyesore. I could not for a time understand how I had been deceived into spending money on it. I mourned over my empty purse, and decided, not without feeling rather small, on selling it again, without boasting about it to my friends. About that time I conceived a plan of covering the walls of my drawing-room

with some very dark tapestry which I possessed, and did so just before my cabinet's destined departure. When all was done, behold! my eyes were opened—a sudden light flashed upon me. To my astonishment, against the darkened walls my cabinet once more became its former self. Never had I supposed that oak could "tell" against brown; but it did so. It rose in height, it spread in breadth, the colour brightened, and the carving seemed to be under a spell—to move and live. I hardly recognised my lamented bargain now that it was going away. And then I saw at once that the whole thing was owing to the altered background, and I have waged ceaseless war against pale walls ever since."

Many parlours as well as purses will not admit of a large piece of furniture like this, and the small hanging cabinets are both pretty and convenient. These may be made by an ordinary carpenter of common wood, and ebonised at a comparatively small expense—the two little doors painted, if one can paint, in birds and flowers, with a little gilding judiciously added. Where painting is not to be had, panels of Indian-red oilcloth, decorated in various ways on pieces of embroidery, can be used instead. Small hanging shelves without doors, and a railing across the top, will make a very good substitute.

A couple of niches in the parlour wall are invaluable adjuncts in the way of prettiness; the shelf part in a pair that we know of is covered with crimson cloth trimmed with crimson fringe and brass-headed nails, each holding a beautiful Dresden china candelabrum, and above that a valuable china plaque. To line the entire recess with crimson, and place therein a piece of statuary, would be still prettier. But if a niche is not to be had, a figure or bust placed on a bracket shelf, with an oblong piece of board covered with crimson or maroon, as a background, will show to great advantage.

Large mirrors in quiet frames, a walnut frame with a gilt line of from a quarter to three-eighths of an inch in the middle of the moulding, and with perhaps a slight ornament as the corners, is recommended as having a richer effect than a gilt frame. Mantel mirrors are always handsome, but a long, narrow one in the pier is a bygone fashion belonging to heavy gilt cornices and immovable window draperies. Small ornamental mirrors are almost as decorative as pictures, and may be hung in any part of the room.

The subject of pictures is one which opens a wide field for discussion; and bare indeed are the walls that have not two or three of these "counterfeit presentments" to relieve their bareness. These, if really good, although not by eminent artists, whether in oils or water-colours, will add very materially to the decoration of the parlour. If not good, they should be promptly banished, although the walls go bare; and pictures that treat of unpleasant subjects, however famous the artists may be, should be dealt with in the same way.

What pleasure is there, for instance, in contemplating that dreary engraving, "The Deathbed of Washington," or "Queen Elizabeth Signing the Death-Warrant of Essex"? Yet there are rooms where these are the most cheerful adornments of the walls. Neither is a picture made up principally of figures in black coats capable of giving pleasure that a picture should give; and many dismal representations of an historical character that are fondly supposed to be embellishments cast a gloom over country parlours, and depress the casual visitor.

Many valuable paintings, especially those of the Spanish and French schools, are no better, but rather worse; who, for instance, wishes to see portrayed on the wall the very unpleasant manner in which Cato committed suicide, or the details of a dissecting room? A picture that treats of a revolting or gloomy subject, if designed for a mural ornament, should be discarded as not answering the purpose for which it is intended.

(To be Continued.)

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## THE CAT.

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(Continued from page 258.)

ON the 18th of October, 1853, the former owner of this cat was standing by the church porch when, his attention was caught by the fugitive cat purring and rubbing herself against his legs as affectionately as in olden times. He took the cat in his arms and carried her home with him. The mill was discovered to be on fire nine hours after the return of the wanderer, and was now a heap of black and smouldering ruins.

Doctor Johnson kept a cat, and the cat fell ill and would not eat. Quite accidentally he discovered that this feline pet might be tempted by oysters, so he went out and bought some oysters for his cat, and continued to supply her with them until she quite recovered.

There are many kinds of domestic cats, among the most curious of which are the Angola. A fine Angola cat is a most beautiful animal, and has fine silk hairs, and a tail remarkably full and brush-like. It is one of the largest of domestic cats, and will eat a great quantity of food in its own dignified way.

"Most commonly its coat is of a uniform white," says Mivat, "yellowish or greyish colour, while the nails of its paws, and its lips are often flesh coloured."

The temperament is said to be sometimes exceptionally lethargic, but this is certainly not always the case, and may be due to excessive fretting for generations. This breed is believed by some naturalist to be descended from an Asiatic wild cat.

In Pegu, Siam, and Burmah, there is a race of cats—the Malay cat—with tails only half the usual length, and contracted in a sort of knot, so that it cannot be straightened. The true short-tailed, or tailless cat—the Manx cat—has also the hind legs relatively long. Tailless cats are not the only cats to be found in the Isle of Man, some cats there have tails ten inches long, a fact probably due to the introduction of long-tailed cats from England, Scotland, or Ireland. With its stump of a tail, and its quiet glassy eyes, a Manx cat is a most uncanny looking beast.

A female cat had its tail injured, by the passage of a cart wheel over it, and her master judged it best to have her tail cut off near the root. Since then she has had two litters of kittens, and in each litter one of them had stumps of tails, whilst their brothers and sisters had tails of the usual length. It is of course possible that the mother had some traces of Manx blood in her, but it is not likely, and the occurrence of the phenomenon just after, and only after the accident and amputation, seems to indicate that in this perpetuation of an accidental deformed condition, we have the suggestion of the origin of a new variety.

We insert the following from Pennant, as illustrating the manners of a period so distant as that of Howel, King of Wales, who died in the year 948.

"Our ancestors," say Pennant, "seem to have had a high sense of the utility of this animal. That excellent Prince Howel the Good, did not think it beneath him, amongst his laws relating to the prices of animals to include that of the cat, and to describe the qualities it ought to have.

"The price of a kitten before it could see was to be a penny; when it caught a mouse, twopence. It was required besides that it should be perfect in its sense of hearing and seeing, a good mouser, must have the claws whole, and be a good nurse; but if it failed in any of these qualities the seller was to forfeit to the buyer the third of its value.

If anyone killed or stole the cat that guarded the king's gallery, he was to forfeit a milch ewe, its fleece and lamb, or as much wheat as when poured on the cat suspended by its tail, the head touching the floor, would form a heap high enough to cover the top of the former. This last quotation almost proves that cats are not aborigines of these islands as known to the earliest inhabitants. The large prices set on them, and the great care taken of the improvement and breed of an animal that multiplies so fast are almost certain proofs of their being little known at that period."

It is also recorded "that Cambyses, who succeeded his father, Cyrus, as King of Egypt,

about the year 530, availing himself of the regard of the people for their favourite animal when he invaded Egypt to punish Amasis for an affront, made himself master of Pelasis, which had before manfully resisted his arms. The stratagem adopted by him was an ingenious one; he gave a live cat to each of his soldiers instead of a buckler, and the Egyptian soldiers rather than destroy these objects of their veneration, suffered themselves to be conquered."

"When we observe carefully the motions of a kitten," says Professor Palay, "in play with a ball, or a cork and a string, we see that they are suggested by the very same instinct which are exerted by a cat in playing with a disabled mouse. In both there is the withdrawal and the sudden pounce, and also propelling the motionless object with the claw."

It is a mistake to suppose that the kitten is actuated only by the love of sportive play. Those who speculate on the laws which allow the existence of human and animal suffering alike, profess themselves shocked at what they call the unnecessary cruelty of the cat.

It is worth while, therefore, to inquire if there is not a reason for it in the economy of nature.

When we reflect that the prey of the feline race is usually nimble, and that it can only be caught by a pounce upon it, we shall see that success must depend on constant practice.

The creature escapes and is re-caught again and again, and always by a pounce.

To make real escape impossible the creature is nipped or disabled, but generally so slightly that it may at first be taken from the cat very little injured. It is clear that each capture is thus made a lesson in catching. For everything depends on the sudden and noiseless dash.

Kittens are imbued with a distinctive horror of dogs before they are able to see, according to Mr. Douglas, for he tells us—

"One day, last month, after fondling my dog, I put my hand into a basket containing four blind kittens, three days old. The smell my hand had, set them puffing and spitting in the most comical manner."

Cats have been the subject of many proverbs—"To live like cat and dog." "Keep one eye on the frying pan and another on the cat." "To let the cat out of the bag." "To tumble and fall on one's feet like a cat."

Baumgarten, when he visited Damascus, tells us that he saw there a large hospital for cats.

"The building was very large, and surrounded by a wall, and was said to be filled by inmates. Mahomed, when he had once lived there, brought with him a favourite cat, which he kept in the sleeve of his garment, and carefully fed with his own hand, taking off his sleeves rather than disturb the rest of his pet."

Therefore his followers paid superstitious respect to these animals, and supported them in this manner by public alms, which were found adequate to the purpose.

In the province of Pochily, in China, there are cats with long hair and drooping ears, which are in great favour with the Chinese ladies.

A lady was once walking amid the scenery of the Isle of Wight when she observed a little kitten curled up on a mossy bank in all the security of a mid-day nap.

It was a beautiful little creature, and the lady gently approached it in order to stroke it, when suddenly a hawk pounced down upon the sleeping kitten and completely hid it from her sight. It was a kestrel.

The lady was greatly shocked, and tried to rescue the little victim; but the kestrel stood at bay, and refused to move.

There he stood on the bank firmly facing her, and all her efforts to drive him away from his prey failed.

The lady hurried on to a fisherman's cottage, which was near at hand, and told of the little tragedy with the eloquence of real feeling; but the fisherfolk were not so disconcerted, and laughingly said, "It is always so. That hawk always comes down if anyone goes near the kitten. He has taken a fancy to the kitten, and he stays near at hand to watch whenever it goes to sleep."

This case was so remarkable that the lady inquired further into its history, and learned that the kitten's mother had died, and that the

fisherman's family had suddenly missed the little nursing.

After some time they observed a kestrel hawk loitering about the cottage. They used to throw scraps of meat, and they observed that he used to carry off a portion of every meal, dragging even heavy bones away out of sight. His movements were watched, and they saw that he carried the stores to the roof of the cottage.

A ladder was placed, someone ascended, and there, nestling in a hole in the thatch, lay the lost kitten, thriving prosperously under the tender care of his strange foster-father.

The foundling was brought down and restored to civilised life, but the bandit protector was not disposed to resign his charge, and ever kept at hand to fly to the rescue whenever danger threatened it, with caresses.

In a parish in Norfolk, not six miles from the town of Bungay, lived a clergyman, who, having a cat, sentenced it to transportation for life, because it had committed certain depredations in his larder.

But the worthy gentleman found it much easier to pronounce that sentence than to carry it into execution. Poor puss was at first taken to Bungay, but had hardly got there when she escaped, and was soon at home again.

Her morals, however, had in no way improved, and a felonious abstraction of butcher's meat immediately occurred.

This time her master determined to send her away a distance which, as he expressed it, she could not walk in a hurry.

He accordingly gave her to a person living at Fakenham, distant at least forty miles.

The man called for her in the morning and carried her off in a bag, that she might not know by what road he went. Vain hope. She knew well enough the way home, as he found to his cost, when directly the house door was opened the next morning she rushed out, and he saw no more of her.

The night after a faint mewing was heard outside the minister's dwelling, but not being so rare an occurrence no attention was paid to it.

However, on opening the door the next morning there lay the very cat which he thought was forty miles away, her feet all cut and blistered from the hardness of the road, and her silky fur all clotted and matted together with dust and dirt.

She had her reward. However her thievish propensities might annoy him, the worthy vicar resolved never again to send her away from the home she loved so well and exerted herself so nobly to retain.

Mr. J. J. Weiss tells of a cat who, having been chased by a boy, ran towards a door, jumped up, put one paw through the handle and with the other raised the latch, thus causing the door to open and enable it to escape.

In a certain monastery, in which a cat was kept, the cook one day on laying the dinner found one of the holy inmates' portions of meat missing, although he thought he had cooked the proper quantity. Still, the good man was willing to believe that he had miscalculated, and without making ado about it supplied the deficient dinner. Next day, however, the same thing happened again—another monk's meat was gone.

The cook now began to suspect treachery, and resolved to watch. On the third day he took particular care in apportioning the dinners, which were cooked and about to be served up, when he heard a ring at the gate bell and hastened out to answer it.

On his return he discovered that one of the dinners was gone; but how, or by whom it was taken, he could not imagine.

He determined to discover the thief, and on the next day took the utmost precaution in seeing that the number of dinners was quite correct.

When all was ready to dish up the bell rang again. This time, however, he did not go to the gate, but only just outside the kitchen, and peeping through the door saw the cat jump through the window, and seizing a piece of meat, make his exit by the same way as he had entered.

So far the mystery was solved, but who rang the bell?

The next day the vigilant cook found that this part of the performance was also played by the *felis domestica*, whose *modus operandi* was



first to jump at the bell rope with his paw, then, watching the cook out of the kitchen, to swiftly spring through the window, seize the meat, and then as swiftly out again.

(To be Continued.)

## LUNCHEON AND BREAKFAST. APPETIZING DISHES FOR THE DELEC- TATION OF EARLY MORNING EPI- CURES.

—:O:—

SOME one says somewhere: "Among the prizes which the bountifuls of both sexes are fond of bestowing in the country we should like to see some offered for the best boiled potato, the best grilled mutton chop. Who has ever seen or tasted a perfectly boiled potato?"

The chop may be the Alpha and Omega, the first and last, the best and worst, of dishes. At its best, before the happy epicure lies the perfect chop, tender, of a delicate rich brown, innocent of gridiron, blackened bars, or fat edged with dark silhouettes. The bone end discloses the epicure's delight of pure marrow in a soft white cylinder. All he requires is some white sippets of not too stale bread, and a dash of real mushroom catsup (beware of base counterfeit), the pure, floury potato in the rich gravy for the rest. To produce this too rare specimen of cooking, the first condition of a success is to prevent the loss of even a drop of the juices. The fire must be bright, clear, and strong. To counteract the coagulation of a portion of the albumen on the under side of the chop, and a contraction of the fibrin which draws the juices into the centre, the chop must be turned over the instant the under side begins to harden, so that, as with a good fire this happens in a minute or two, the turning process must be continual. For cooking the chop with a fierce fire, ten minutes and ten turnings will be sufficient for an underdone chop. If not perfectly tender, the chop should be well beaten with a large silver spoon, always cooked over cinders, never over coal or coke, and on a silver or iron gridiron kept scrupulously clean. The chop should be turned either with two silver spoons or a pair of chop tongs, which can be made purposely. Each guest should have a hot-water plate.

How comprehensively suggestive was the question the eminent gastronomic divine, being deputed by the committee of his club to examine the candidate for the vacant office of *chef*, at once put to the aspirants: "Can you boil a potato?" That is the touchstone of a cook's talent. One almost continually sees, reads, or hears of potatoes boiled to a pulp, watery, or "an *ghealach*" with the bone or moon in it—an Irish expression, arising from the moon-like disk and halo seen in the centre of a half-cooked potato when cut in two. The excellent Lancashire method has already been given in December, but another authority advises to buy the potatoes in the mould, for the cleaning process practiced by the vendors greatly injures their crisp freshness. Let them be carefully rubbed with a hard brush, disturbing neither the eyes nor the skins. Select them of equal size, and put them in a saucepan, with a tablespoonful of salt and sufficient water to cover them. When boiled five minutes, pour off the hot water and replace with cold, and half a tablespoonful of salt. The reason for this innovation is that the heart of a potato being peculiarly hard the outside is generally done long before it is softened. By chilling its exterior with cold water, the heat of the first boiling strikes to the centre of the vegetable, the force gradually increases when the water boils again; by the time the outside has recovered from its chill the equilibrium is restored, and the whole potato is evenly done. Potatoes must boil steadily, with the cover on, three-quarters of an hour, gently tested with a fork if they be not cracked; when done, drain them dry, put a clean cloth upon them, cover closely with the lid, and let the saucepan stand until the dinner is ready to be served, then take out each one separately with a spoon, that they may not be broken in their floury state. The chop needs no better accompaniment, not by any means omitting the ice-cold, foam-capped ale or beer.

Some German national dishes claim a long and honourable descent—for example, the

famous *kloese knodeln*. With us, instead of having refined these, we have had them handed down in the form of provincial dumplings, unwelcome and indigestible, these heavy masses having no connection with the good old Saxon light and delicate *kloese*. Their chief ingredients were always eggs, bread coarsely ground, meat, and fish. In later periods potatoes, rice, and other vegetables have furnished varieties. The bread used for them must be light, without crust, either grated, crumbled, or soaked in cold water or milk; they must be lightly handled, the fingers dipped in water while forming them into balls the size of an egg. Lay them apart, put them into gently boiling soup, water, or milk; wet the spoons, as each one is dropped, in chives, onions, parsley, or spice. All *kloese* must be served hot. To make delicious marrow *kloese*: Chop, not too finely, half a pound of marrow; beat the yolks of six eggs until frothy; add the marrow, stir them well together, cut a light roll in thin slices, toast, and again cut into dice; soak the crumbs of an untoasted roll in milk sufficient to dampen it; mix this with a little minced parsley and some salt; dredge in two teaspoonfuls of flour, add the other ingredients, stir the whole together, and form the *kloese*. Boil them in broth or water, lay them in the tureen, and pour over the soup.

No breakfast table is complete without its sweets, either marmalade, jelly, honey, or whatever is fancied. That friars have an appetite for the good things of this world has passed into a proverb. Here is the friars' omelet, which may or may not have emanated from the monastery kitchen: Boil a dozen apples, as for a sauce; stir in a quarter of a pound of butter, the same of white sugar; when cold, add four well-beaten eggs, half a pint of cream, a grated nutmeg, salt to taste; put in a baking-dish strewn thickly with bread-crumbs, lining the sides and bottom; strew plentifully cracker and bread-crumbs over the apple mixture when in the baking-dish; bake, turn it out, and grate sugar over it.

A marmalade made of bitter oranges, limes, and honey, is a dish for the gods. The fruit must be boiled until the seeds are extracted, then placed in a preserving kettle (porcelain-lined) in the water (which is strained) that they were boiled in. Honey is added at discretion, and the fruit is gently boiled until reduced to a pulp; to this add, when warm, clarified honey. Stir all together, and pour it into jars; after it is cold, cover the pots with oiled paper, or strong brown paper dipped in brandy. This is an ordinary recipe, and is equally appreciated at breakfast or luncheon with cold game or meats.

## HOW BISCUITS KILLED A CAT.

—:O:—

How to subdue a cat and change the midnight front portico howler to a condition of meekness has been solved in America. A careful housewife moulded a painful of snow-white dough from XXX spring flour, charged with quick yeast, and with many a pat—"set" the incipient biscuits near the fireplace to "rise." Very soon two of the paddies of dough were mysteriously missing, and not a trace of their whereabouts was found until the family cat, walking sideways and puffed out like a balloon, came in and lay down by the fire to rest. Evidently the cat had been taken suddenly and seriously ill, or was struggling in an insane delirium with some great grief.

Not only her heart but her hide was filled to bursting, and the trouble was that she was getting fuller, and external appearances of some mighty internal trouble of the seismic kind were distinctly seen to travel her spine. Every individual hair stood on its head, and her tail was carried pampadour with her ears. Her eyes threatened to pop out, and her legs refused to do her bidding. She was carefully placed on the family fire shovel and as comfortably placed in a cool corner of the yard among the dog fennel, hoping the cool embrace of mother earth would ease the raging fires within. "But all in vain," as the schoolgirl says. Later a dull, muffled report (unaccompanied by any thud worth speaking of) was heard, and the spirit of as gallant a

mouser as ever dodged a bootjack had gone to that bourne, &c. She had eaten the green biscuits.

## Vegetarian Cookery.

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**RICE (Milk).**—Boil three ounces rice in a quart of milk, gently stirring often, one hour; add one ounce of sugar, and flavour with lemon peel rubbed on some of the sugar; or a little nutmeg or other flavouring.

**RICE (Moulded).**—To eight ounces rice add half a pint water and one and a half pints milk. (Rice does not cook well in milk alone.) Stew the rice in the milk till the whole is absorbed and the rice thoroughly softened, then press it into a mould or basin for half an hour with a weight. Serve, turned out, with preserved or stewed fruit.

**RICE (Snowballs).**—Boil six ounces rice in a quart of milk, stirring often, flavoured with lemon peel rubbed off with sugar; or boil three bay or two laurel leaves in the milk (taking them out after ten minutes) and one ounce loaf sugar. When the rice is quite soft—in about one hour—put into teacups. When cold turn out in a deep glass dish, pour one pint of custard over, flavoured like the rice, and on the top of each ball place a piece of bright preserve or jelly.

**SAGO (Jelly).**—A quart of water, three ounces fine sago; boil two hours, stirring occasionally. When the sago is quite dissolved add the juice of a large lemon and three to four ounces of loaf sugar; rub one or two lumps of sugar on the rind; boil two or three minutes, and pour into the mould. Should be made the day before.

**TAPIOCA (Baked).**—Soak four ounces tapioca in water one hour; pour off the water, and put the tapioca into a saucepan with a quart of milk; simmer a quarter of an hour, stirring it; add one ounce sugar and flavouring—nutmeg or lemon peel rubbed on some of the sugar, or boil a bay leaf with it; put into a pie dish and bake about one hour.

SAGO may be treated in the same way.

**TAPIOCA (Moulded).**—Three ounces tapioca, two ounces ground rice, one and a half pints milk, eight drops almond flavour, or a bay leaf boiled with it, taken out when done. Wash the tapioca two or three times, mix with the ground rice, add half a pint cold water, and let it remain thirty minutes; then add the milk, and simmer half an hour, stirring the whole time; add the almond flavour, and pour into a mould previously dipped in cold water.

**WHEAT (CRACKED) PUDDING.**—Soak quarter of a pound cracked wheat in a pint of water for twelve hours; mix with half a pint milk, quarter of a pound currants or sultanas, and one ounce sugar. Bake in a pie dish.

**TREACLE PUDDING.**—One pound flour, one and a half teacups treacle, half a teacup milk, two ounces butter, one saltspoonful carbonate soda, ginger and lemon peel to taste—sufficient for a pint basin. Boil three hours, the cloth tied very loosely, or bake from one to one and a half hours.

**RÖTHE GRITZER, OR GERMAN RICE MOULD.**—Well boil one pound red currants and half a pound raspberries in a pint and a half of water, and strain through a hair sieve; put the liquor and ten ounces loaf sugar to boil again; add six ounces ground rice, and grated lemon peel to taste; pour into a mould.

**ARROWROOT OR CORN FLOUR CUSTARD.**—1 pint of milk, 2 ozs. arrowroot, 2 ozs. sugar, 1 egg, a small piece of butter; essence of lemon or flavouring to taste. Put three-quarters of a pint of milk on to boil. Mix the arrowroot quite smooth in the remainder; add to it the beaten egg and sugar, and pour into the milk when boiling. Add the butter, and boil five minutes, stirring constantly. Flavour, pour into a dish, and brown before the fire or in a brisk oven.

**SUCCOTASH.**—Steep a half pound of large haricot beans all night. In the morning boil till tender, then drain, and add half a tin of green corn with a little salt butter and milk, which should barely cover it. Stew gently about a quarter of an hour.





## PARROTS.

(Continued from page 266.)

### PARROT IN SICKNESS.

The parakeet, though fond of his bath, does not like great heat, and when the sun is very hot the wire netting should be covered by mats or cloths. They must as much as possible be kept from vermin. Stopping long in the nest will, for obvious reasons, encourage parasites, the great pest of all birds. Be liberal with your insect powder.

Clean coarsely-sifted dry gravel should be supplied at least three times a week. The bird's gizzard is to it what our teeth are to us, and can no more act, if not attended to, than a mill can grind without millstones. Be careful never to give it any sour food, especially bread and milk.

Asthma is common, and arises from too heating food or cold. A choice bird should at once be placed in the sunniest nook, and scrupulously screened from all draughts; whereas these scions of a hot climate are often left hanging before open windows on chill autumn nights, and placed before chinks and crevices, through which there is draught enough to turn a windmill.

The symptoms are shortness of breath, and a tendency to gape. If a mild attack, alter the diet, and let some of his food be moist and warm. If very ill give him a stiff paste of boiling milk and wheat flour, and add to every tablespoonful half-a-dozen grains of cayenne pepper; nothing else for three days.

Want of attention to cleanliness will produce bad feet. The perch, which should be movable, should be scraped and scalded once a week. The feet should be frequently cleansed with a piece of flannel and good soap. A covered perch may be substituted for the bare one until the bird's feet heal. They are subject to a sort of gout. The legs and feet swell, and the bird is unable to grasp its perch properly. Like gout, it is very difficult to cure, and the best remedy is said to place the bird in a smaller cage, and stand him up to the thighs in water two parts boiling, and one part cold. Let him remain in this warm bath fifteen minutes, then take him out, dry his feet before the fire; do this daily. If he has sores on his feet, use a little sugar.

Sour fruit, improper food, or a sudden change will bring on scouring. The symptoms are a drooping tail, and other obvious signs; anoint the parts with palm oil; rice biscuit, crumbled with the yolk of hard boiled eggs, may be given with advantage.

Diseased eyes proceed from cold or improper food. If the rims are red or inflamed, bathe them with white hellebore. It is deadly poison, so be careful the bird does not drink it. Consumption is not uncommon. A ruffled plumage, hollow eyes, loss of appetite for all kinds of food except green, gouty appearance of the lower extremities, and prominence of the breast bone, are symptoms. Let him have plenty of the best food. Feed him two days a week on nothing but fresh bread and milk, with which there is mixed some hemp seed; do not let the hempseed exceed a teaspoonful each day; along with the hemp seed throw in a whole peppercorn. Beckstein seems to think that watercresses are a certain cure for consumption. He says: "The birds should be fed with the best description of their appropriate food. In birds which will eat vegetables I have always found this, and especially watercresses, the surest remedy against consumption and waste." If treated according to the above directions as soon as the symptoms become manifest, the disease may be speedily eradicated.

Fits are rather common with some parrots, especially lorries. They will tumble off their perches to all appearance dead. At once squirt cold water over his head; if this does not bring him to, hold him by the legs and dip him three or four times in a pan of cold

water. Should this fail, pluck a feather from his tail, and lay him on some stones in the sun, or before the kitchen fire. If this does not avail, bury or stuff him. Spirits of nitre is useful for parrots subject to fits, given in a small quantity of thin bread and milk. Costiveness is one great cause of fits, and a little saffron boiled in milk will generally cure this, but if not, try four drops of castor oil. But to give physic to a full-grown parrot is not easy work. The best plan is to make a small hole in a hard bit of wood, open the bird's beak, pass a quill through the hole, and the thing is done.

Should any of our readers have any difficulty about their parrots, let them write to us, and we shall have great pleasure in giving information.

### REPRODUCTION OF PARROTS.

Having made your birds comfortable—we especially allude here to parakeets and those which breed in this country—in the summer palace, the next thing to do is to prepare for the pairing time.

Be careful to divide the sexes equally; too many males causes sanguinary battles, too many females, domestic troubles, such as broken eggs, young ones molested, nests abandoned, &c. It is indispensable to the regularity of family life, to nidification, to the harmony of the feathered colony, that everybody should be suitably paired.

In case of accidents, the death of a male or female, your usual dealer will supply the deficiency. In very large parrot aviaries a reserve cage is kept.

M. Leroy tells us that he usually began his pairing experiments in March—the end—or, if the season was backward, the second week in April. He caught five couples of parakeets out of the general aviary. He put a small cage on the summit of the winter habitation, filled it with green stuff, and when the birds had been induced to enter, which was easily done by darkening the wire side of the cage, when they at once took their departure. This cage was then carried into the closed part of the aviary.

The door of their prison was now thrown open, and one by one successively the birds were able to reach their perches. This giving birds a kind of semi-liberty is a very interesting moment for the observer. There is an odd look of timidity, of hesitation, as if these little beings would say: "What! all this space for us! All this sun for us! All this verdure! All this comfort! No; it is not possible. There must be some trick in it!"

Presently, however, the hesitation gives way—hunger, opportunity, and the soft grass! The boldest give the signal, are the first to dart through the openings in the top of the hut, and dash out into the open air. The others follow, and, half-an-hour later, you would not know them.

The noise is, indeed, great; it is a perfect *fête* with cries of joy. They fly from perch to perch, from live oak to live oak, from swing to swing. There is just as in human life, at festivals and balls, a great deal of lovemaking—well, let us say flirtations.

"Next day," says M. Leroy, "I surprised a serious proposal. This is what happened in the cage. I will present the scene to you as exactly as I can, and we will gaze at it together. Look at that *petit monsieur* on the righthand perch. He slowly approaches a hen parakeet, whom he has selected. The nape bristling, her attitude bent and respectful, he pays her, in his language, a whole galaxy of compliments doubtless, accompanied by repeated bows, and a mimicry that is inimitable. She instinctively retreats, looks confused, and flies to the left perch. A woman couldn't do it better. He leaps on the same perch, and persists in his attentions. She, still more and more nervous, retreats gradually towards the other end of the perch. He advances as she retreats. After a good deal more fencing he risks a final demonstration. Redoubling his eloquence, he shakes his head several times very wisely, and then presents in his beak some food left in his craw, and offers his well-beloved a portion of his reserves. It is his way of promising that he will be a good husband, a good father, and that he will undertake to supply food even from his crop.

"In fact, he declares he will take the food from his very mouth to feed his wife and children. The last trial is sovereign, and very rarely fails in its effect. As soon as she is persuaded she surrenders, puts out her beak timidly, and crosses it with that of her lover, which, it appears to me, to be the way hen parakeets have of giving their hands. The ice is now broken, and intimacy established. It is wonderful to see this couple now. They caress one another, they mutually scratch the feathers of each other's napes, they lay their heads on each other's necks, they romp noisily, they chase each other from perch to perch—they love!"

"This lasts eight days, and then the honeymoon is over. Is it not singular? you say. No more songs, no more games, no more joyous shouts! All is calm. One would think the population decimated; on the perches no one; yes—the males.

"Yes, that is the solution of the situation. Probably you guess—the hens are seeing to the nests. You may be sure, when this is the case that all is right. An egg has been laid or is going to be. As soon as the event has happened the hen begins to sit without interruption. In a day or two there will be a second, then a third, until five, six, or even sometimes eight are in the nest.

"After once taking to the nest Madame rarely leaves it, just enough for ordinary excuse and to spread her wings. The husband looks after the repasts. As soon as she is hungry and wants his presence, she pops her head out of the entrance to the artificial nest—her peep hole—and gives several sharp cries. He at once rushes to the little perch, and perches on the hollow by itself, when they both seem to engage in conversation, a scene of bird domestic life never to be forgotten. In the meantime, the male supplies the hen with all she requires, then after some slight endearments they separate.

"What does the male do when the hen returns to her eggs? The he-parakeet having nothing else to do, goes and perches himself on one of the posts of the aviary, and there remains swinging and shouting in a deafening fashion."

Besides a natural feeling of curiosity which induces us to examine the nests, it is also necessary to the health of the poor recluses, whose strength is severely tried by the two trials of laying and incubation. In large aviaries it is usual to inspect them at least once a week, and even, if necessary, every three or four days. These visits are by no means dangerous. The mother will not even leave her nest if you show it to your friends every day—as many other birds will do when interfered with.

(To be Continued.)

## BOTANY FOR LADIES AND BEGINNERS.

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### EXCURSIONS.

THE study of botany is rendered especially fascinating from the fact that so much of the work is performed out of doors. In every pursuit there are required hours of recreation and exercise. A stroll in the woods and fields is then of all things the most enjoyable. When a definite object is held in view a walk becomes delightful. As soon as one begins to search for and collect any special class of subjects he becomes interested. If it is to plants his attention is called, he is surprised at the many wonders that had before escaped his observation. Each walk adds to his discoveries, until he begins to marvel how he could formerly have been blind to so much that is curious and beautiful.

More important than all things to the student of nature is observation. He must not be a mere reader of books, but address repeated questions to the objects around him. Each plant and every part of a plant will be of interest. Moreover, comparison should accompany observation. Many persons have a natural acuteness in perceiving details of structure, and in generalising results, which is denied in the same degree to others. Yet in all the power can be cultivated and strengthened. Herein is one of the great educational uses of natural science—that it trains one to



see and to think. There is no way in which the nomenclature and classification of objects can be so well acquired as by the constant handling of these objects. A herbarium is a perennial but ever joyous care.

We may be asked, "What purpose does it serve?" Apart from any direct utility, no one is wasting time who is studying the wonders of nature for their intrinsic loveliness. The purpose of beauty is educational in itself, and often a practical adaptation is found when least expected. Our annual horticultural and entomological reports show the people the value of knowledge. "But then," perseveres the unconvinced querist, "what good are your dried plants, devoid of colour and beauty?" The colour may, indeed, have faded; but anyone who has seen a botanist gloat over a new specimen will be inclined to think that there must be some beauty remaining. As a matter of fact, a neatly mounted herbarium is very attractive. Dry plants, too, by soaking in water, can be studied almost as easily as the fresh.

Alphonse de Candolle says, in a recent French work ("Phytographie"), "If we compare collections of dried plants with those of living ones, the respective advantages are more evenly balanced than is generally supposed. In a herbarium we see simultaneously specimens of neighbouring species, and of those from different localities; also specimens of different ages, and of different ages of the same species. We know the name of the plant if the collection has been well determined, and are referred direct to the authors who have spoken of it. We are sure of its place of origin, as it is indicated on the label. The living plant, on the other hand, affords more opportunities for certain anatomical observations; it admits of a better description of some characters of little importance, such as colour, odour, &c. But plants in the field and forest are not named, and in botanical gardens are often badly named. The geographical origin of plants is almost uncertain and unknown. Individuals are often modified by cultivation and hybridisation; seldom can we see fruit with the flower, seldom numerous individuals of the same species; and more seldom still is a botanist permitted to gather specimens of an exotic plant, so that he can examine it as he would, and can preserve the evidence to substantiate his work. Without herbaria we should not have had at this moment either good general treatises or good floras, and public descriptions would have been without material evidence."

Herbaria, cabinets of shells, fossils, minerals, and rocks, become treasures to their possessors. They are often even of pecuniary value. It may be they illustrate some little-known region, and contain rare plants.

Where they have been personally collected they will recall many an incident of life, the memory of which has long since become dormant. He will thread the forest paths, gay with flowers; he will pause in imagination for the lunch by some fern-laced spring; he will climb the mountain ravine, and collect by the sea-shore.

#### THE COLLECTOR'S OUTFIT.

It may be that ladies and others choose to spend a holiday botanising. Rough or old clothes are best on such occasions, as to get at certain plants you may have to push through briars and bushes. If the collector is only going out for a trip of a day's duration, and his object is to obtain living plants for immediate study, he had better have some form of tin box in which to keep the specimens fresh. These boxes are made of different forms and sizes, and are usually painted green or some other subdued colour, in order to make it as little conspicuous as possible. Many wear a portfolio.

The box is usually 16 in. in length and 4 in. or 5 in. in depth, and opens the whole length on one side, and is furnished with a slightly-fitting cover and straps for fastening. There are other compartments within, according to the wants or the caprice of the owner. In a box of this character he may store away his provisions or the more delicate plants. The plants will keep fresh in this box for several days. If the collector returns home at night fatigued by a long walk, and feeling unfit for the work of transferring and pressing his

plants, he had better put his box in a cool place, such as a cellar. Plants which at night may look faded, in the morning have recovered their freshness in a degree, and be in a good condition for the press if they are slightly wetted.

The portfolio is often desirable for small jaunts, as it is much easier to arrange and display some plants when gathered than at any subsequent time. Delicate foliage, for instance, is likely to curl or even wither before reaching home; but by means of the portfolio a certain amount of pressure can be applied in the field, and the specimen can be laid out much in the way that it is ultimately to be displayed. If you are two together, take box and portfolio. Some of the largest and most valuable collections have been made by the use of the portfolio alone. It assumes many forms, according to the wants and taste of the collector. Many use an ordinary portfolio of binders' boards, either united at the back by leather, as in a book, or left so far separate as to allow pressure to be applied by means of the two straps which pass round it near the ends, free, or attached to one side only. It should be covered or bound with strong cotton cloth, well glued in every part, painted black and varnished, making it as nearly waterproof and as durable as possible. It should be thick enough to hold four or five quires of the specimen paper.

The collector should always carry a lens attached to a ribbon round the neck. Beginners should not seek glasses of high power. These, while, of course, magnifying greatly a limited portion of an object, narrow the field and inconveniently shorten the focus. A lens of from an inch to an inch and a half focal distance is to be preferred. For home work one requires a different sort of microscope, also of low power and broad field.

The collector requires a couple of needles, mounted on handles, and a thin, sharp-bladed knife. With the needle he can open the tissues or organs to be examined, and with the knife make all necessary dissections. It is well, also, to have some tweezers to hold things in place, and a small pair of scissors.

A trowel or some equivalent instrument should be provided for the digging up of plants by the roots, or for securing root stocks and other underground stems. It can be conveniently carried in a leather sheath.

A note-book is of importance. In this should be jotted down any observations that cannot be trusted to memory, as the colour of flowers (a very fleeting thing), the height of the plant perhaps, the character of the soil, the association and prevalence of particular plants in the vicinity, and the correlative insects. Unless the herboriser takes notes he will run the risk of letting important observations escape him; or purely from an æsthetic point of view, the note-book may serve to treasure up impressions of striking scenes in nature. A student cannot too soon learn to take full notes, and to take them in a concise and accurate way. In making notes it is preferable to write with pencil rather than ink, owing to the frequent chances of wetting, and thus obliterating the record. Marks made with a good pencil will last a number of years.

A pocket-knife may be employed in a thousand ways. It cannot be dispensed with, for one needs to cut twigs, to trim specimens, to remove underbrush, or even to make field dissections. For these diverse purposes it is well to have a knife of several blades of different sizes, and all of these strong and sharp. Another desirable but not essential portion of the outfit is a cane hooked at the end. With it one may pull down branches of trees for flowers and fruit otherwise out of one's reach, and collect aquatic plants which grow provokingly far from shore. Those who go in for serious business in botanising find it often convenient to have about them a number of small vials in a case, to collect freshwater algae, infusoria, and animalculæ for microscopic examination. Small pill boxes are also useful for the storing of seeds and other objects, and it is well to be provided with some paper bags for seeds, or for lichens, mosses, &c. A quantity of twine should always be taken. It has manifold uses, and adds nothing to the weight. If we are going to a distance, especially out of our usual range, a manual of the local flora is useful.

If a party is made up with a vehicle, or a boat for aquatic explorations, a larger number of things may be taken, but what we have quoted is quite enough for beginners.

(To be Continued.)



## BEES AND BEE-KEEPING.

—:O:—

(Continued from page 265.)

CARPENTER BEE is a name popularly applied to various hymenopterous insects of the bee family, distinguished from other bees by their skill in working wood. They mostly inhabit warm countries. Perhaps the most celebrated of the tribe is the *Xylocopa purpurea* of Southern Europe, a beautiful insect of a deep blue colour, about the size of a large bumble bee. It attacks dry wood, especially when partially decayed, cutting a longitudinal canal about a foot deep and more than a third of an inch wide. After finishing one of these canals, it lays an egg at one extremity of the hole, and places near it a mass of pollen and honey for the use of the future larvæ. The egg and its accompanying store of food are then hermetically sealed up by a thin wall composed of powdered wood, formed into a very hard compound by being mixed by a substance secreted by the insect. In this manner the mother bee divides her house into many little chambers, with one egg in each. In due time the eggs hatch, each of the larvæ devours the food prepared for it, and then passes into the chrysalis state. At last, when the perfect insects are developed, they destroy the partitions made by the parent bee and escape into the air, the one produced from the egg first laid escaping first through an opening made for it by the mother.

Much information on bees may be found in Lord Brougham's "Dissertations on Subjects of Science." He tells us that the ancients studied the bee with unusual minuteness. Of the observations of Aristomachus, who spent sixty years, it is said, in studying the subject, we know nothing; nor of those which were made by Philinus, who passed his life in the woods for the purpose of studying the insect's habits; but Pliny informs us that both of them wrote works on the subject. Aristotle's three chapters on bees and wasps contain little more than the ordinary observations, mixed up with an unusual portion of vulgar and even gross errors.

The apiculture of modern naturalists is to be dated from the beginning of the eighteenth century, when Mavaladi examined it with his usual care; and Reamur afterwards carried his investigations much further. The interest in the subject increased rapidly, and in the year 1765 culminated in the establishment of a society at Little Bantzen, in Upper Lasalia, whose sole object was the study of bees. Of this was the celebrated Scherack, who soon after its establishment made his famous discovery of the power which the bees have to supply the loss of their queen, by forming a large cell out of three common ones, and feeding the grub of a worker upon royal jelly—a discovery so startling to naturalists that Bonnet, in 1769, earnestly urged the society not to lower its credit by countenancing such a wild error, which he regarded as repugnant to all we know of the habits of insects; admitting, however, that he should not be so incredulous of any observations tending to prove the propagation of the race of the queen bee without any co-operation of a male\*—a notion since shown by Huber to be wholly chimerical.

The most trustworthy modern authorities on bees and bee-keeping are, in English, Cowan, Tayler, Hibberd, and Tegetmeier's edition of Danyell's "Italian System of Bee-keeping."

\*This question caused a great quarrel between certain French and English apiculturists.



## THE BEE-KEEPER'S ALMANACK.

**January.**—During the frosts and cold winds shelter the hives with mats or other suitable coverings. Let there be a movable palisade near the opening, easily moved on fine days. If after a period of intense cold there is a warm day, and the bees do not move, tap around the hive gently. If they do not move, leave them alone, as too much excitement is bad. During the early and cold days of January do not move, lift, or open the hives unless it is absolutely necessary. It is now that the queen begins to lay. Towards the end of January weigh and examine the hive, to see if there is food enough. Be careful to supply food to those which are in want.

**February.**—On fine days examine, not the combs, but the planks, which will want cleaning. Let it be a dry as well as a fine day. On damp days the bees are apt to get caught in the soil, and be destroyed. Give a few cakes of honey to weak hives on fine days.

**March.**—During the first fine days clean the outside of hives and the surroundings; pull up weeds and grass, and strew fine sand, which is far better than turf around hives. Again inspect hives, and feed the weak ones. Towards the end of this month we may venture on what is called speculative feeding, to hasten hatching and encourage the gathering of honey. Examine the inside of hives, to see that all are healthy and food in abundance. Be careful of the cold. If a hive is sterile, give them a comb from a fertile one with eggs, and the bees will make another queen. Take no bees with the comb. If at the end of eight days more than one is found, kill the others. If the bees are inactive still, remove to another hive. Clear old pollen. If the bees lay eggs near the exit, move them to the opposite side, unless there be two entrances.

**April.**—The great egg-laying takes place in the month of April. As the dew now dries up quickly, keep water at hand. Moss or water-cress may be placed in the troughs. Some apiculturists put salt in the water. If a hive is infertile, repeat the March process. Hives should, about the fifteenth, be prepared for either swarming or honey-making.

**May.**—Finish with swarming, if it has not done in April. Keep the landing-board clean. During the whole of this month watch for the natural swarms, which cannot always be prevented. Collect them, and remove them to other hives.

**June.**—Continue the same care. Early in the month see to artificial swarming, but only in the case of overcrowded hives. Towards the end of this month limit the number of hives and stop any increase. Few natural swarms come out, and these, unless very vigorous, should be put back in the hive.

**July.**—The occupation of this month consists in making the honey harvest. As soon as the workers begin to destroy the drones and males it is the signal to begin. Never take away all the honey; it is better to harvest a second time in September. The combs should be removed early in the morning or late in the evening. Kill all the males that are found in combs. In addition to making the harvest, now is the time to examine the hives. The hot sun may do much harm, and the hives should be protected against it by mats or other matters. See to ventilation. Clear the air holes.

**August.**—Continue the harvest operations with the same precautions. Natural swarms often start in this month, but they should be put back. The workers in this month continue to destroy the drones. If the colonies keep the drones, examine them carefully. If they have no queen, give them some non-operculated comb—that is, with larvæ or eggs. Feed these well.

**September.**—When the weather is fine in September the bees will still bring in large quantities of honey from the heaths. In healthy localities this is often the best month for the harvest. The hives now require little care; still, they may be visited, and those selected most likely to face the winter. The conditions are a large population and a healthy queen. This is the time to unite weak swarms with others which, if strong, are not numerous. Hives which for any reason whatever seem not to prosper should be suppressed. Mildew is not much to be feared this month if the combs are kept dry; but the wax which is put away after

the harvest in boxes or bags must be carefully examined, as it may get damp. The safest plan is to melt it at once. Petroleum casks are excellent to preserve wax.

**October.**—If the hives have still to be examined, and no late blooming season excites the bees to work, examine them, one or two a day, in the evening. Should hives have to be moved or colonies united, do it in the beginning of the month. Winter operations have now commenced, and the bee-keeper should know all he wants to know about his hives. A good winterage depends on the quantity of honey and food. A good winterage requires:—1, honey enough to last till April; 2, good honey; 3, a large population; 4, in cold places every precaution against weather; 5, facilities for the bees to reach the honey; 6, very little ventilation; 7, permeable or warm roofs; 8, protection against the north winds, especially the N.E.; 9, every facility for the sun to reach the hive.

**November.**—All interior work should be finished in the previous month. All that is now needed is to see to the outside. First of all be carefully covered so as to guard against rain and snow, and that they are firm enough in their sockets to resist wind. The hives during the autumn may with advantage be lifted a little at the back, so that the slope may carry off the water produced by heat vapour inside the hive. Ventilation must not be wholly checked at the month. Should snow beat in the direction of the opening, use tarpaulins or planks.

**December.**—The keeper has nothing to do but see to the outside and prepare new hives. Complete repose for the bees. Towards the end of the month it is well to think of the provisions. It is not easy, but a hole may be made with a gimblet near the roof, and then by dipping a wire in see if there is honey enough. Sometimes on a fine day the bees will come out in swarms. Sometimes they are chilled by the cold. Some become numbed and cannot get back. The bee-keeper must pick these up, take them to a warm room, and put them into a box with honey. They soon are reinvigorated, and return to the hive.

At times we may give supplementary articles on various points, such as apiaries, &c., and at all times will be ready to give plain and clear answers to inquirers.

## THE SIEVE IN ANCIENT MILLING AND BAKING.

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It was no uncommon thing in primitive times (says a contemporary) to use the flour or meal as it came from the stones, and the whole-meal theory of the present day would have us believe this was the best plan. In the early days of the Romans this may have been their practice, but in the time of Vitruvius it was otherwise, for progressive grinding and frequent sifting was then the rule by sieves of different degrees of fineness, and "whites" or best flour being sifted with the finest sieves. Hand sieves of different degrees of fineness in the mesh were in use before the Roman era. Where one grade of meal only was used, one sieve only would be required, as the siftings of coarse meal that did not pass through the sieve would go back to the stones. But it is a well authenticated fact in the history of milling that private families used fine as well as coarse flour. In proof of this, one familiar example will suffice—viz., Abraham ordered fine flour to be made for the angels, and sieves were used for sifting wheat, barley, and the seeds of other crops grown by the Hebrews. The Egyptians, Sidonians, and nations of the East were in advance of the Hebrews in patriarchal times. Bechman in his "History of Inventions" says:—"Sieves of horse-hair were first made by the Gauls, and those of linen by the Spaniards;" but he does not give the dates. Egypt was famed for the growth of flax and the manufacture of linen, so that the valley of the Nile most likely takes precedence of Spain in the use of linen sieves. It is more than probable that Gaul used hair sieves at a very early date, but on the other hand, Germany at the period in question was in advance of Gaul in all the arts, and therefore it is not likely that the manufacture of hair sieves and their use in sifting was an exception.

As Etruria got her mill stones from Germany, the probability is that she also got her hair sieves or the art of how to make them and linen from Egypt, or it may be the first Etrurians brought hair, linen, and woollen sieves from the East, the cradle of our race. Some also think that bolting-cloth made of silk was also used in Vitruvius' time. Of the material used in the manufacture of grain sieves nothing definite is known; but the present practice has come down times out of date.



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(Continued from page 265.)

With regard to plants growing in the open air, continue your waterings and rake round the bottom. Take in all ripe seeds and put in the place of these annual plants. During the whole of this month sow pansies, to replant in a kind of nursery. About the 25th sow for the next year poppies, corn poppies, and blue bottles. This should be continued during September. Carefully examine your green house—the system of warming, the panes of glass; putty and paint the panels; do everything, in fact, to prepare for the winter. In August and September, but principally in the first month, attending to the budding of roses, choosing dry and warm days. To graft on damp days, when the sap is swollen, would be to expose oneself to spoil the whole operation. Should the tree be too much in sap, you should be careful the day before the operation to pinch off the top of the branch on which you intend to operate. In this way the sap becomes less liquid, and helps the graft to succeed. Be careful, however, only to clip the branches which you propose to graft on, otherwise the sap would descend too suddenly, and you would have to wait several days for its ascensional movement.

Continue to garnish with moss or sphagnum the baskets and trees to which this is a necessity. The nights become very long, and the green-house should only be opened between four and five, after which they must be kept closely shut.

Many plants which flourish in winter should be taken out in order to be kept in a cooler place. The same with such plants as show their flowers as soon as they begin to shoot. You will thus procure a rich and abundant harvest; but one must have some previous knowledge of the culture of plants to judge exactly what plants can be treated in this way.

Be careful to give the orchids a rest, for some of this species if kept in a temperature that is too hot and too damp will constantly shoot and never flower. Those which require a dry and cold treatment are the *Dendrobium nobile*, *cærulescens*, and the flowers of which expand while they are at rest. They must be removed to a temperate green-house, have plenty of air and no water for the two months during which their flower buds begin to form. Plants which require a dry and warm treatment are the *Dendrobium aggregatum densiflorum* and others, whose flowers appear before they shoot.

Other orchids which flourish in the open, such as the *cirrhæa*, *cælognia*, &c. cannot survive a long period of drought, which would compromise their leaves and their health, and they must therefore be watered.

Those who grow dahlias for show purposes must carefully watch all the opening buds, and the moment they disapprove of a flower, must remove it. Every flower that opens weakens the plant, and therefore those who are careless of everything but success, and sacrifice the appearance of the garden to the shows, should not allow one to remain on the plant after it is found useless. The hunting for vermin and destroying them must not be relaxed, for a single earwig would destroy a bloom. Those who imagine that covering with a flowerpot or a flat tile will be an effectual protection to the flower against earwigs must see that the pot be perfectly level on its edges; not one in twenty is so. But at some of the potteries they make pots for the purpose with no bottom but a groove to hold a



round glass or a round tile, according to whether a dark or light cover is wanted. Continue to take shoots off any you require to increase; but remember the hotter the weather the hotter must be your striking frame, for the bottom heat out to be as at the top just to promote striking, and this is the great cause of difficulty in striking late cuttings. Seedlings are beginning to flower; now, therefore, is your time to examine them, and the instant you see a plant will be useless dig it up, or if your time is short chop it down.

The great evil to guard against is suffering yourself to be tempted to leave a doubtful flower, for if you once do this you will find a quantity of things about you just too bad to be worth growing, and the desire of selecting a few will make you bestow time and trouble that nothing will repay. If a flower is not better than anything you have already, or tolerably good, with an entirely new colour, reject it at once; it is infinitely better to see the ground clear than cumbered with only ordinary flowers. It is necessary to lay down a rule to begin with, and to persevere with it, and that rule should be to destroy anything that is decidedly not new and good. If you find any really desirable flower, set to work at once to take cuttings and propagate it, because the sooner you have a stock the better. Take the side shoots as soon as they are long enough, and as it is necessary to induce these lateral shoots, it is well to stop one or more of the branches by pinching off the ends. Take off about two joints of the cuttings you intend to strike; put them singly in pots, and plunge the pots in the hotbed to the rim. Keep the glass pretty close until they have struck, watering, however, freely, and keeping up the heat, but shading from the mid-day sun.

Look to your hollyhocks, and what you mean to discard cut down at once.

In September, a moderate temperature replaces the heat of the dog days, which almost stops the growth of the sap; this now resumes its ascensional movement, which lasts until about the end of October; this is the time to renew the products of the garden for autumn and the next spring. The nights become cool, water must therefore be only given in the morning, the evening dose being abolished. Seeds must be carefully collected, and placed where no humidity can reach them. Greenhouses should be seen to, painted, and repaired.

Water plentifully the larger plants in the kitchen garden, when it is warm sprinkle night and morning the freshly-planted seeds in order to aid their development, and to prevent the insects from devouring them—a consummation to be much feared at this time.

Continue to sow spinach and chervil. From the beginning of the month, sow cabbage-lettuce and cos-lettuce under glass, and cauliflowers for the spring. Towards the end of the month, it is still time to sow leeks and onions in light soils. Plant in rows, carrots, chicory, and celery to replant in your nursery. All land which is vacant should be retrimmed.

Continue the palisading of trees, and search for the fruit. Very fine peaches and pears are collected during this month. Up to the middle of the month you can continue to graft. Vine trees should now have all extra leaves removed. Leave only the principal leaves, suppressing all those likely to interfere with the growth of the grapes. The fruit must be allowed plenty of air and light to develop.

Ornamental plants in the open should be attended to, and the work of August continued. Keep your paths clean. Examine the clumps of bushes. Cut off all dead branches. Turn old turf and reset them, so that they may be green in the winter and able to resist the frosts of spring. Plant in your reserve all the plants sown in June.

Put the delicate kinds in pots that they may pass the winter in the frames. Give them as much air as possible; these plants fear humidity and not cold.

Put all bulbs in pots which have to be kept warm during the winter, such as jacinths, double roses, crocus, tulips, &c.

The following table will indicate when certain species are to be put in warmth:—

Jacinths about the 1st of November; other varieties from 15th of January to 30th. Daffodils about the 15th, tulips 1st, crocus about the 15th. All Dutch bulbs should be taken in about January.

If it has not been done already, sow, although it is late, *calceolaria*, *cineraria*, *mirabilis cardinalis* and *verularis*, *castrea pietas*, and plant out these plants in pots to preserve them under frames.

Divide the large daisy; put in your reserve beds to plant out in spring. Separate all the plants which flower early in spring.

During the first fifteen days of the month water the plants in the greenhouse in the evening, if the temperature is warm. If the nights turn cold, then do it at night. The greenhouse must now be prepared to receive the plants from the temperate house—that is, the most delicate ones, which should be in before the end of the month. They must be carefully examined and fresh earth supplied if wanted, this work being needful before they are moved. All plants belonging to the hot-house should be fetched in finally. You must finish the budding of roses, and loosen those tied up in the preceding month. You must also graft all *camelias*, *rhododendrons*, and *azaleas* of India. This operation, done in the shade and in the afternoon, will not fail to succeed.

During the second fortnight continue to report the plants of the temperate greenhouse. Bring in all the hot-house plants, still giving them plenty of air, even at night.

All kinds of hardy annuals which shed their seed in profusion, and which produce plants which stand the winter well, have induced many to make this month a season for sowing, and if the plants are well up and established they should be placed where they are intended to bloom in the following season.

(To be continued.)

## MONEY MAKING FOR LADIES.

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(Continued from page 262.)

A LADY employed as a house decorator, could present a plan and general outline of what she proposed to do—after carefully studying the capabilities of the rooms—with an estimate of cost, and submit it to householders. The result would probably prove satisfactory to both parties; and one house tastefully furnished might be an excellent advertisement for future engagements.

The decorator should resemble the worthy Mrs. Gilpin in having a "frugal mind," whenever this virtue is desirable, and a nice calculation of expenditure; so that people of moderate means would find it more economical to have the benefit of her taste and judgment in furnishing than take the responsibility on themselves. Since the revival of beauty in ordinary things, it is just as important to furnish the simple cottage harmoniously as the more pretentious mansion; and as cottages are more plentiful than palaces the decorator would oftener be called upon to spend one hundred pounds than a thousand—provided her charges were reasonable, and a gift of making one sovereign do the work of two apparent to the dullest comprehension.

The two accomplished ladies who have introduced such a reform in house decoration, preside over a charming establishment, where objects, collected with unflinching taste, may not only be admired but purchased; and any lady engaging in the same occupation would find a house capable of unique adornment a great advantage in this way. It could be quietly given out, among a circle of friends that Mrs. —'s rooms were charming—quite out of the common order—full of pretty effects produced at a moderate outlay; and one would bring another to look and admire—to buy a picture perhaps, or the duplicate of a graceful hanging—and custom would thus flow in by degrees, until success was no longer doubtful.

A discreet amount of bric-a-brac could be taken on commission, and arranged with taste among the other furnishings; it would show to better advantage, and be more saleable than in the shop of the dealer. Lady artists, too, amateurs too, "who paint only for amusement," would gladly contribute some of their best efforts to the adornment of Mrs. —'s parlours, for she might, in time, be able to find purchasers for them.

The business is one that may be made very extensive; for tradesmen and dealers of all kinds

desiring to bring their goods into notice, would probably furnish samples of them to be used and displayed by Mrs. —. In this way the house could be furnished with little or no expense to the occupant. With responsible references as security, it would not be difficult to make such arrangements; and private parties who wished to dispose of old and handsome articles, would greatly prefer an opportunity of this kind to the medium of the auctioneer or second-hand dealer.

A lady, engaged in quite a different occupation, once received a letter from a member of an old Scotch family, asking if she could dispose on commission, of a pair of valuable china vases—a heirloom from a great great-grandmother. The vases were valued at ten pounds, and from the description must have been well worth it; but the person to whom the letter was written was obliged to decline the responsibility. The incident, however, made a very serious impression, and the idea was evolved by degrees that, with the vases as a foundation, a very pleasant occupation could be organised, and one that would well repay all who were engaged in it.

### SHOPPING ON COMMISSION. AGENCIES.

Shopping on commission is, for those who succeed in it, an extremely profitable employment; while there is a certain amount of pleasant excitement in receiving letters and selecting pretty articles. An indefinable charm seems to lurk in the spending of money, even if it is other people's; and the shopper by proxy enjoys the sensation to the full extent.

Sometimes city residents, as well as those who live in the country, are glad to have their shopping done for them, as it spares them much labour and perplexity; and those who are conscious of their own deficiencies in taste and judgment, are especially glad to avail themselves of this relief. The commission charged to purchasers is five per cent.; and as dealers allow a commission of from six to ten per cent. to shoppers on commission, this makes a very handsome return to those who have a reasonable amount of orders.

A lady, who managed this department in connection with her other duties on a fashion periodical, received five pounds a month from this source alone; but she complains that of late the business has fallen off, so that only small and occasional orders are the rule now. She attributes this partly to the fact that all the large houses will now send samples to the utmost ends of the earth; while ready-made clothes are so easy of attainment, that the resident in Fiji or Kamschatka, has only to send "waist and back measure, length of skirt," &c., to be fashionably arrayed in as short a time as the machinery of the sewing machine and ocean steamer can possibly accomplish it.

Still there are certain quarters where there is an opening still. The first is to select the periodical in which to advertise. It should be taken in by just those people who are likely to want the special articles which you understand. Then one has to be sure of one's own powers—what amount of walking, or other fatigue can be incurred without injury, and also the selection of a substitute in case of emergency. For orders of this kind frequently arrive at very *mal à propos* times, when the principal is either ill, or so engaged with other orders that it is impossible to attend to them at once. And the *at once* principle is of the greatest importance in this particular occupation.

The wording of an attractive circular, that shall yet be so thoroughly truthful that no exception can possibly be taken to a single item, after the arrival of executed commissions, is a point of no small weight. It is desirable to mention every thing that one purposes to do, and yet to make the circular rather comprehensive than expansive; while a judicious choice of words and phrases will have much to do with securing customers of the best class. Half-a-dozen influential names as references are quite indispensable "as orders are in all cases to be accompanied by the amount required."

An advertisement which has to be paid for word by word is not in danger of being too lengthy; the great difficulty is to say what seems necessary in so very confined a space. The charges for advertising are most unreason-



able in many cases, and quite appal the impetuous beginner; but it is the experience of successful business men that advertising pays. A fictitious name, if accepted by those who are to be responsible for the advertiser's honesty and respectability, may be substituted for the real one, and a post-office address given instead of the residence.

Some ladies have their leisure moments profitably employed by shopping by friends at a distance; and this can be done without the aid of circulars or advertisements. It lightens, too, the labours and perplexities of the unfortunates who, on a hurried visit to town, are often obliged to waste much precious time and strength, and encroach on limited trunk accommodation to satisfy the demands made upon them often by mere acquaintances. The very fact of their going to town seems a sufficient reason for their doing the shopping of their community: and weary feet, cab fare, and loss of time are never taken into consideration. It would be well for these victims of imposition calmly to announce their intention of shopping on commission at every visit to town, to defray their expenses thither; and if the object was not accomplished, they would certainly find themselves in possession of their time.

In shopping for friends one has the advantage of knowing their individual tastes and needs; while the customers have the comfort of perfect confidence in the person to whom they intrust their money and purchases. When shopping is executed with taste and economy, it is almost worthy of being called an art; and a natural aptitude is indispensable to success, it making it an occupation.

#### AMONG THE FLOWERS.

That there should be so few women florists is often a subject of comment, as the care of flowers seems a calling peculiarly adapted to those who are supposed to have a natural love for the beautiful. Women will often cherish a few plants under endless household difficulties, but how seldom a man troubles himself about anything so unpractical. Yet the florists are almost invariably men, engaged in a business which women could conduct as well or better.

Perhaps the question will come, why don't they try it? and an answer may be found in the fact that the class of men who become florists is an entirely different one from the class of women who would be attracted by the occupation. The men usually begin as working gardeners, attaining by degrees the height of their ambition—to "set up" for themselves, and from long intimacy with work, not being in the least afraid of it, they are armed for all emergencies. They have also accumulated capital by degrees, while the lady begins as a lady, hemmed in by conventionalities and crippled by want of capital.

"Yes," says our fair reader, "that is exactly my case. How do you advise me to set about becoming a florist?"

For the first step, perhaps the most sensible proceeding would be to visit some successful gardener and ask him his advice. If benevolently disposed (and people usually are in such cases), he will give all necessary information, and state his opinion of the chances of success in any particular locality. A very good idea of the expenses and disappointments attendant upon the raising of flowers, and the profits to be expected from their sale, may be obtained from him; but he will say at once that a florist, to continue the business throughout the year, must build a greenhouse.

He will say that this, with proper heating apparatus, will cost from two to three hundred pounds, which will decide you at once to give up all idea of undertaking it.

Do nothing of the kind; but measure off your ground, engage your carpenter, and go in quest of a sash and blind factory. Here you may purchase second-hand sashes for half or one-third the cost of new ones, and you will find these articles the most part of your greenhouse. There is a great difference in greenhouses, both in appearance and cost. If of the "lean to" order—which means having only one sloping glass roof, facing the south, and with covered sheds on the north side—the cost will be comparatively small; but, as a rule, the more sunshine the more flowers.

"Well, ma'am," said a worthy gardener, "they don't cost much if ye builds 'em cheap.

I gets a carpenter to build mine, and has 'em rough and cheap. They don't last as long, not more'n six years, but they *does* grow the flowers. I generally calculates to pay for 'em in two years, and when they tumbles down I builds another."

This would be the best kind for a lady's venture, and if she could have the work done at a season when carpenters, instead of being driven, are usually glad of a job, it would cost still less. A long, low building is better than a high one, as it is more convenient for handling the plants, besides insuring more sunshine. The size of the greenhouse would depend, of course, on the amount and variety of stock to be accommodated in it, and in this particular the advice of a practical florist is highly desirable.

The great fault of amateur greenhouse experiments is an ambition to raise all kinds of flowers in one small space, and when the greenhouse is built for profit this is a certain cause of failure. To select one kind of flower alone, and concentrate all the energies on developing it to the highest degree of perfection of which it is capable, would yield better returns and save much care and distraction of thought.

There can never be too many roses. They are called for at all seasons of the year, and will bring a good profit to the grower at the lowest market prices; when selling at their best they are the most desirable of commodities. There is something particularly attractive in the idea of a rose-house, which seems quite beyond an ordinary greenhouse, and a lady could manage such an undertaking not only with profit but with pleasure.

The best way of carrying out such a plan would be to have a rose garden arranged for summer, and covered with glass at the approach of cold weather. Having the roses planted in beds instead of pots reduces the labour of cultivation, saves the expense of pots, and seems to agree better with the plants.

Care and thorough fumigation with leaf tobacco, of the poorest and cheapest kind, will effectually disperse the greedy insects that make rose life miserable and exhaust the patience of the much tried florist. Sprinkling with fine Scotch snuff will often kill small insects, and this remedy is less troublesome than smoking.

The heliotrope requires the same conditions and treatment as the rose, and as it is a constant bloomer and much in demand for its delicious fragrance, a number of plants could be cared for in the rose-house with very little more trouble. Roses and heliotropes together would provide a constant succession of bloom, and a very comfortable income for the cultivator.

The object of the little greenhouse here described is to raise flowers for city emporiums, which can within an ordinary distance easily be sent in boxes, and look as fresh with skilful packing as though gathered from plants close at hand. The lady among her roses at home has nothing further to do with their sale except to receive a handsome remuneration for labour that is in itself a pleasure.

In connection with the little greenhouse may be carried on other pleasing and profitable occupation—that of collecting and preparing ferns, autumn leaves, vines, mosses, &c., for winter decoration.

The most successful locality for either of these employments would be in or near a large town rather than a city, as the former would afford a better market with less competition. All the bright-coloured leaves, the various native ferns, some wild vines, mosses, and even flowers, if prepared so skilfully as to retain their beauty, at least through one season, are sure to be in demand; and while many enjoy gathering and preserving them for themselves, others do not have the same opportunity, and are disinclined to take the trouble.

Great care, deftness, and taste are all required to bring this work to perfection, and only by doing it in the most thorough manner that will preserve the brightness and beauty of these natural ornaments, without making them look in the least artificial, can any degree of remunerative success be obtained. Originality and durability of treatment will meet with a just reward, and to avoid all appearance of stiffness in things from which all the life has been pressed out is the triumph of skill.

A tall, gracefully-shaped vase—which for

this purpose could be painted a dull Indian red or have cambric of this colour drawn lightly over it—filled with plumes of feather grass and seed vessels of various kinds, would be a very simple corner ornament, and yet a very saleable one. The vase should be tall enough to stand on the floor.

(To be Continued.)

## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

—:O:—

#### PICKLES.

WE doubt if pickles are the most healthful compound that housekeepers can prepare; but as they will be used, it is as well to make them as perfect and as little injurious as possible.

Many pickles that look the finest are very injurious and often poisonous. All that are of a vivid green are doubtful. In most cases they are "greened" by being left to lie some little time in a copper vessel covered with vinegar, which naturally absorbs some part of the copper. That, all will be likely to know, is poisonous. When left but a short time in such vessels the vinegar may not take up so much of the poison at a time as to be deadly; but it certainly is injurious, though imperceptibly so to most persons, and to some more delicately organised constitutions even a little is fatal.

There is no reason that pickles should be green. It is a mere fancy—a matter of taste, and of late years it is in a great measure discarded, and almost all pickles are made in porcelain or enamel-lined kettles. But with proper care a good brass kettle is perfectly safe, we think, and much preferable to the enamelled or porcelain-lined kettles, because these burn easily; and after anything has been burned in them a few times the lining cracks and flakes off, leaving spots of the iron or tin bare, and then anything delicate will be discoloured by the iron. Of late we have also seen it stated that there is some reason to think that if the enamel on these kettles is once cracked they are almost as injurious as brass or bell-metal. Any acid that can find its way under the glazing, absorbs some injurious property from the composition with which the porcelain or enamel is made. Of this we cannot speak with certainty, but we have always used a brass kettle, and never saw any injurious effects from it.

No one should ever use a kettle of this material, however, who cannot be depended on to be exceedingly particular in keeping it scrupulously clean. To be sure, cleanliness is important in the use of all utensils, but with brass it is an absolute necessity. Just before using a brass kettle see that it is carefully cleaned with salt and hot vinegar. Rub it all over the inside, over the rim, and around the ears, where the handle fits in, until every part shines like pure yellow gold. After it is used and taken from the fire, remove the contents at once. When a kettle is thoroughly cleaned no harm comes from its use as long as it is kept over the fire: the mischief arises from letting anything stand in it and cool.

In scalding any kind of pickles, as soon as that work is done, empty the contents into a wooden or earthen bowl, and immediately proceed to scour the kettle again, even though the same articles are to be returned to it as soon as changed, in another water and more vinegar. These are very minute instructions, but they are necessary whenever brass kettles are in use.

Wine vinegar is used by many to make pickles, but pure cider vinegar is the only kind we would use for the purpose; after that, pure malt vinegar.

Keep pickles in glass jars, if possible; if not in stone jars. Having once bought your glass or stone jars, keep them for that purpose always. Never allow them to be used for anything else. As soon as one is emptied wash, scald, and set it in the sun until sweetened; then cover up, and set away carefully till another year, saving all the covers and



corks. If you find that any of the glazing inside the stone jar is cracked or broken off, never use that jar again for pickles.

If all kinds of pickles are not kept well covered with vinegar, they will soon turn soft, and mould, and be ruined. If in a stone pot, turn a saucer bottom up over them, and then cover closely. If in glass, have covers tightly screwed on. Pickles should all be examined every few weeks, to see if they are keeping well; and, if there is the least uncertainty, pour out the vinegar, scald, skim, add a little sugar, then pour hot over the pickles again, and cover closely.

If you raise your own cucumbers, you can gather them all through the summer, put them in brine, and keep them till the summer closes, and you are ready to make them into pickles. Pick none longer or larger than your finger, and measure by the little finger as far as possible. Leave a small bit of the stem on, as they are gathered. If this precaution is not taken, and the skin by the stem is torn and bleeds, the cucumber will not keep well. Rinse after gathering, one by one; handle gently, so as not to rub off the prickly coat; and pack in a wooden firkin or half-barrel, with layers of salt between each layer of cucumbers. Keep the top layer well covered with salt, and press them down by a board and a clean stone on top. This will pack them in the salt closely, and keep them so, and thus make all the brine needed. No scum will rise, and they will keep a long time, retaining both colour and firmness.

#### ADULTERATIONS IN FOOD.

Almost every variety of condiment or delicacy now in general use on our tables can so easily be obtained in the markets, grocers' shops, and confectioners' shops that it is a great temptation to housekeepers to relieve themselves of the trouble and fatigue of making them. No doubt some of these articles can be bought ready made at less expense than they could be prepared at home, because those for the market are made in large quantities, and all the materials bought at wholesale prices. But is it not safer to endeavour to exist with a smaller quantity of these relishes, and, making them at home, be willing that the first cost should be more than those imported, rather than risk the danger of the adulteration so common in almost everything that is furnished in our markets, and imported from foreign countries?

It is astonishing to notice the infamous practice of adulteration that is carried on in almost every article of trade, and also to learn how varied are the methods of effecting this work. The dearer and better class of substances are combined with portions of a very inferior quality, but of the same kind, which can be bought at a very low figure; and this mixture is sold at as high a price as the very best.

Another way is to mix different substances of a very cheap kind with a portion of the true article the purchaser has called for. In these two methods the fraudulent mixtures are not usually essentially injurious to health; but there is a third mixture, which no honest vendor can declare to be free from injurious constituents. In the fourth practice the maker or vendor, having cut loose from any conscientious scruples, employs small quantities of some cheap materials, which he is well aware are of a poisonous character.

It is not to be supposed that this wretched practice arises from any desire to injure those who purchase. Doubtless if the manufacturer could make as great a profit by supplying the pure article he would do so. It is bad enough in its least objectionable aspect, without supposing that, the gains being equal, he would have any desire to practise the fraud.

In the first place, this practice originates in the cupidity of those whose business it is to prepare and sell these articles to supply the public demand, and at the same time to realise large profits; and the evil is kept alive by the ignorance of the purchasers. After using adulterated articles for some time, if their attention is called to the dishonesty that has been practised on the public, or if some dealer's conscience prompts him to reform, his customers, having become accustomed to these impure articles, are too ignorant and indolent to examine and ascertain the truth.

But if he brings the pure article, which his return to honest practices leads him to furnish them, the difference in looks and taste so surprises his patrons that they are often inclined to call his honest act a fraud.

We some time since heard of a milkman who, turning from the error of his ways, felt that as a regenerated man he could no longer procure part of his milk from a town pump, and began to supply his customers with pure and unadulterated milk. This continued for some days, when an old lady came to him in great indignation, saying:—

"John, I have bought milk of you for ten years, and never till now had cause for complaint; but for several days of late a *nas'y yellow scum* rises on the milk that is absolutely disgusting, and I can't put up with such dishonesty any longer. You must either bring me such milk as you used to do, or I shall be compelled to seek a new milkman."

A grocer once, convinced of the dishonesty practised by these various adulterations, determined from that time to serve his customers with articles free from any false ingredients. But the pure pepper, mustard, &c., differed so materially in taste and colour from the old compounds with which the public have grown familiar, that a great prejudice arose against the honest tradesman, and nearly ruined him. A publican tried to sell "genuine London porter," certified as pure by Dr. Hassall. But the perverted taste of the public preferred the adulterated article, and after a long struggle Boniface had to give up. Except a choice few, who had a genuine taste, the public refused to drink his beer.

Flour is less frequently adulterated by foreign substances than other articles of food, not on account of the immaculate honesty of those who sell it or prepare it, but because plaster of Paris, sawdust bleached and carefully ground, and some other substances that can be successfully mixed with flour, would cost so much to buy and prepare properly that the pure unadulterated wheat would bring larger profits in the end. But the best grades of flour are often mixed with a cheaper and far inferior quality, and sold for the best brands.

Good flour should be of a creamy white, never a bluish white, and when pressed in the hand will not only remain in a lump but retain the impress of the fingers, and even the graining of the skin. The presence of any mineral adulteration in meal or flour may be easily detected by a small quantity of the flour in a glass tube with chloroform. The mineral adulteration will collect and settle at the bottom, and the flour float on the liquid.

Coffee can be tested easily by putting a spoonful of coffee gently on the top of water in a glass. If pure the coffee will not sink for some minutes, and will scarcely colour the water; but if chicory is mixed with it it will sink to the bottom at once, rapidly absorbing the water, and as it sinks give a dark reddish hue to the water.

Sulphuretted hydrogen gas is a good test for tea. Put some in hot water, and then add tea. If the tea is impure, or mixed with foreign substances, the water will become black.

(To be Continued.)

## PASSING FASHIONS.

—O—

**MATERIALS FOR DRESSES.**—Very stylish and suitable for hot days and picnic excursions are the cool zephyrs in plaid and plaid mixture; or, if more expensive dresses are wanted, nothing can be desired of greater beauty and utility than the lovely embroidered lawns in all colours and shades, from twenty-five shillings to three guineas. The deep embroidery to these dresses reaches above the knees, and sufficient narrow embroidery and plain material are included to make a very handsome costume. The same style of thing for children may be bought from ten shillings and sixpence to twenty-five shillings, and are beautiful presents to give little nephews and nieces or good children. Corded woollen material of the beautiful Goblin blue is very ladylike and suitable for cooler days, the material being all of fine wool with a silk cord running down it at distances of about one inch.

**TENNIS JACKET.**—All girls will welcome the pretty striped loose or half-fitting tennis jackets, intended to be worn when heated after playing, and the materials for these are now so cheap, and so effectively and variously coloured, that they meet the exigencies of the smallest purse and most critical taste.

**BOYS' SUITS.**—Excellent dresses for little lads to wear in the country are the soft, strong Jersey suits. These consist of a shirt and knee-breeches, striped and plain combined—as, a striped navy-blue and red shirt, with plain blue trousers. Jersey caps come to match, and the whole outfit will be found most comfortable to knock about in, as it will stand pretty rough usage.

**JACKETS.**—A great favourite with school-girls is the Norfolk belted waist, which is worn with a tucked or kilt skirt, and apron overskirt; or, if made of checked, plaided, or plain, dark woollen material, it is suitable with any skirt. It is a strong rival of the ever-useful Jersey. For out-door wraps on cool days, small girls have short-waisted walking coats, of rough cloth, made with two large plaits in the back, and two rosettes defining the waist line. Older girls prefer the short, jaunty jackets, or redingotes, with shoulder capes. All ages, however, wear dark straw hats with large crowns and wide brims. These are faced with dark velvet, and are trimmed with high, narrow loops of ribbon or crape in front, a fold around the crown, and a bunch of flowers on the left side. It is considered very stylish to put white flowers and ribbons on dark hats.

**TRIMMINGS.**—Much plaid velvet is worn for trimming plain materials; thus a costume of fawn and brown had a panel formed of stripes of brown and fawn plaid velvet arranged across it, and the bretelles and epaulettes of the same. Beaded panels, &c., are still worn in all colours to match silk costumes. Very rich looking, too, though not so useful, are those of stamped or brocade velvet. These are generally self-coloured. Beaded girdles are very pretty and becoming to the young and slight, and help to give a sunlight effect to costumes otherwise too sombre. A dress of Indian muslin, with pearl girdle, is very delicate and appropriate for a young girl for evening wear. Many will be pleased with the collars and wristlets of fine steel beads made upon elastic. A black dress, with a set of these worn with it, would look very stylish at but little expense. The sets are seven shillings each, or the collars and wristlets may be bought separately for three and sixpence each.

**HANDKERCHIEFS.**—Endless are the different styles shown in handkerchiefs; among the prettiest and newest are those that are *plissé* at each corner. These are two shillings and sixpence each; some with wide hemmed-stitched bodies and rows of raised dots in satin stitch are very nice and delicate looking. The jubilee, of course, is shown in raised and painted crowns, sceptres, and all the other devices employed to show forth symbols of the jubilant time. Lace in all varieties is more beautiful and more generally worn than ever. A trimming of lace of the same colour as the material used for a dress is always correct and becoming both to the young and middle-aged; and what can old ladies wear that will adorn and soften the ravages of time like softly falling, delicate lace of either black or white.

Sashes are again much worn, and young people will be glad to receive one of the lovely Corah sashes to wear with the soft Indian muslins already spoken of. They are made in silk three and a half yards long and eighteen inches wide for three and ninepence, and in striped satin are two yards and three-quarters long for three shillings and elevenpence.

Corsage bouquets are much worn on the left side, and give an elegant finish to simple toilettes. One which we have seen was composed of tea roses and a variety of exquisite ferns.—*Farm, Field, and Fireside.*

**INK STAINS.**—Salts of lemon is the best thing for removing stains of ink from linen, but it must be very carefully used—viz., take a cup of boiling water, hold the spot where the ink is tight, and closely over the cup; get someone while you have it thus to put one drop of the salts of lemon on the spot; dip it instantly into the water, and after a minute take it out. If properly done no sign of the ink will remain.



## SEPARATED MILK AS FOOD.

By PROF. JAMES LONG.

—:O:—

LET us ascertain the value of separated milk as human food as compared with lean beef. It is necessary to specify the beef as lean, inasmuch as fat beef contains about 40 per cent. of water and 35 per cent. of albuminoids, and lean beef 65 to 70 per cent. of water and nearly 25 per cent. of albuminoids (flesh formers.) Let us take a sample containing in 100 lb. :—

Water ..	..	70
Albuminoids ..	..	25
Fat.. ..	..	5

100 lb.

and upon this analysis, and the analysis of skimmed milk already given, we shall find that each food contains the following quantities of each constituent in 100 lb. :—

In Milk.				In Beef.
lb. oz.				lb.
90 8 ..	Water ..	..	..	68
0 8 ..	Fat ..	..	..	5
4 0 ..	Sugar ..	..	..	—
4 3 ..	Albuminoids ..	..	..	25
0 13 ..	Ash ..	..	..	2

100 0

100

The 100 lb. of milk at 3d. a gallon would cost 2s. 6d., and the 100 lb. of meat, without bone, at 9d. per lb., would cost £3 15s., so that for a shilling we get at these prices :—

Milk.				Meat.
lb. oz. drms.				oz. drms.
0 3 3	Fat ..	..	2 1	
1 9 8	Sugar ..	..	0 0	
1 10 12	Albuminoids..	..	5 5	

3 7 7

6 6

Thus the milk foods of equal value to those of the beef cost 3½d. a lb., whereas the beef foods cost 2s. 7d. per lb., or eliminating the value of the sugar of milk altogether, we get the same quantity of food in the milk for 6½d., with the sugar into the bargain, that we obtain in the beef for 2s. 7d.

Looking at the value of skim milk as a food from another point of view, I find that in an ordinary sample we get in a gallon, costing 3d.:

oz. drms.	Value.	At the price of.
6 6	Sugar .. 0 0½	Cane Sugar.
0 13	Fat .. 0 0½	Butter.
6 8	Albuminoids 0 10½	Beef.

13 11

1 0

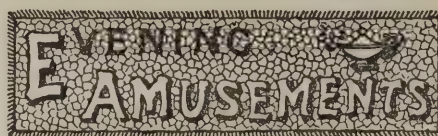
1 4—Mineral matter thrown in.

14 15

This value is sustained if we subtract the selling price of the butter which new milk contains from the retail price of the milk. Skim milk may be substituted for new milk, with entire success as regards its feeding properties, by the admixture of such a food as suet. A gallon of new milk of ordinary quality contains 5½, say 5½ ounces of fat. To buy this quantity of milk would cost 1s. 4d. Families in which good food is necessary, and money an item to be carefully considered, may derive equal benefit from the use of a gallon of skim milk, and six ounces of good suet—the two foods costing sixpence, thus showing a saving of tenpence.

Skim milk is becoming more popular. In London it sells at from 1½d. a quart retail to 3d. a gallon wholesale, at which price there is a demand by bakers in particular; and heads of families cannot do better than to purchase milk-bread, as it is a much more valuable as well as enjoyable food. To sell skim milk in a country town it is necessary to run a separator, or to adopt the cold setting systems, that it may be sent out fresh. In commencing, it should be judiciously given away for a week, together with a circular clearly explaining what it is and what food it contains.

Condensed skim milk is a food worthy of the attention of some energetic capitalist. In a remote dairying district, where skimmed milk can be purchased cheaply, this article might be made to sell in sixpenny tins of two pounds' weight, and at this price I believe it would prove a formidable rival to the richer brands, although I do not think it would in any way endanger that trade.—In the *Farm, Field, and Fireside*.



## OUR SPHINX AND PUZZLE PAGE.

—:O:—

Please to write "Sphinx" outside all letters intended for this department.

## NUMERICAL ENIGMA.

Wary solvers, please to note  
One to 5 in every coat,  
Made by total. On her head  
Find the 6 to 10 instead.

## HIDDEN WOODS.

1. He can travel more expeditiously by taking the north road.
2. You can form a pleasant acquaintance by accepting his company.
3. The spinet is an ancient instrument.
4. Any person has the right to change his name as he may see fit.
5. The seeds were soaked one hour before they were planted.
6. Can you find a place dark enough for a magic lantern?

## QUALITIES OF CITIES.

1. What city is an animal?
2. What foresight?
3. What a season and a large piece of land?
4. What a colour?
5. What tableware?
6. What a bathing place?

## METAGRAM.

A girl's first name,  
Unctuous next place,  
Insidious third,  
Now, a flower of grace.

## DECAPITATIONS.

1. Behead to blame and leave to ascertain.
2. Beginning and leave a cover.
3. A watch and leave a passage.
4. Uniformity and leave a passage.
5. Raw and leave rough.
6. To roll and leave to disclose.

## WORD SQUARE.

My first is a cipher, or, nothing at all;  
Next is a wood of value you'll find;  
On faces the winter this colour will call,  
And last is a stone, please all bear in mind.

## DOUBLE DIAMOND PUZZLE.

## ACROSS.

1. A letter; 2. A saying; 3. A European city;
4. An eminent knight; 5. A pledge; 6. A title;
7. A letter.

## DOWN.

1. A letter; 2. To strike with the foot; 3. An article of diet; 4. A model; 5. To spread; 6. A title; 7. A letter.

## CROSS-WORD ENIGMA.

In lawyer not in fee.  
In father not in me.  
In doctor not in pill.  
In lake not in rill.  
In whisper not in shout.

Whole we drink and cannot do without.

## ENIGMA.

I'm fashioned long, of slender mold;  
I'm native of a region cold;  
I'm greatest point, of certain force;  
I regulate the planet's course;  
A measure, too, you can't deny;  
I'm wood, I'm human, the heavens, sky.

## CHARADE.

The FIRST is foe to peace and quiet,  
And often causes war and riot;  
The SECOND is a savage beast,  
Of carnivora not the least;  
WHOLE is brought about by first  
When the bonds of law are burst.

ANSWERS TO "OUR SPHINX," No. 16.

NUMERICAL ENIGMA—Cornice.

CHARADE—1, Rackrent. 2, Plaintiff.

HIDDEN FLOWERS—Daisy, Orchis, Lila Peony, Pink, Arbutus.

CURTAINMENTS—Bran-d, Boot-h, Blur-t, Bun-

Burl-y, Budget.

DIAMOND PUZZLE—

T  
M A P  
M E D E R S  
T A D P O L E  
P E O N Y  
S L Y  
E

WORD SQUARE—

A C M E  
C R E W  
M E R E  
E W E R

DECAPITATIONS—C-lover, C-ruse, S-hool S-liver, E-we, F-oil.

CROSS-WORD ENIGMA—S. Remos.

DROP-LETTER MAXIM—"Haste makes waste."

REBUSES.—Shylock, Hamlet, Antolycu

Katherine, Escalus, Shallow, Perdita, Elbow

Ariel, Romeo, Emelia.—SHAKESPEARE.

## RECEIPTS IN DAILY USE.

—:O:—

## QUEEN OF PUDDINGS.

TAKE three parts of a pint of bread crumbs one pint of milk, the rinds of two lemons grated three eggs, one ounce of butter, sugar to taste a little raspberry or red currant jam. Put the bread crumbs into a basin with the grated lemon peel and sugar, add the butter to the pint of boiling milk, pour it over the bread crumbs stirring all the time; then add the yolks of the three eggs, well beaten, and pour all into a well buttered basin, and bake for three-quarters of an hour. When done, turn out on a dish, cover it with jam; have ready the whites of the three eggs beaten to a stiff froth with a little castor sugar. Cover the pudding and place it in the oven for two or three minutes to set, but not too brown; then serve.

## BACHELOR'S CAKE.

One pound of flour, ½ lb. brown sugar, ½ lb. of butter, ½ lb. treacle, ½ lb. of raisins, ½ lb. of currants, ½ lb. of candied peel, a little powdered ginger, one large teaspoonful of carbonate of soda, half-teaspoonful of cream of tartar. Mix all lightly together with fresh butter milk. If you cannot get butter milk, skimmed milk boiled will do as well.

## LEMON PUDDING.

Three-quarters of a pound of bread crumbs ½ lb. of sugar, rather less of suet, the juice and peel of two large or three small lemons. Mix up with three eggs, well beaten; the lemon peel must be cut very thin, and chopped very fine. To be boiled 2½ hours, and served with wine sauce.

## FROZEN NESSELRODE PUDDING.

Take ½ lb. Spanish chestnuts (free from skins), ½ lb. loaf sugar, ½ lb. mixed glace or candied and finely cut citron, sultanas, pineapple, angelica and cherries, 1½ pints of milk, ½ pint of cream ½ gill maraschino, six yolks of eggs, and one teaspoonful vanilla extract.

## POUND CAKE.

Half a pound of butter beaten up with the hand to a perfect cream, add ½ lb. of powdered sugar, beat well together four eggs, add 6oz. of flour. Mix well for not more than five minutes and bake for 20 minutes.

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# THE COOK & HOUSEKEEPER

A JOURNAL FOR EVERY HOME



No. 19. VOL. I.

SATURDAY, JULY 9, 1887.

PRICE ONE PENNY



## POULTRY AS A SOURCE OF PROFIT.

### CHAPTER I.

#### POULTRY IN ENGLAND.

As our journal circulates among all classes, each person will take our counsels according to his or her means. The advice we give is equally applicable to those who keep fowls simply to supply their own wants, and to those who wish to make money of the matter. When speaking of the success of the French, it may not be out of place to make two quotations on the subject. Mr. Binington Mowbray remarks—"In France poultry forms an important part of the live stock of a farmer, and the poultry yards supply more animal food to the great mass of the community than the butchers' shops." Mr. Edwards gives us one reason of their success, "that they hatch earlier, kill earlier, feed liberally, both for market and to stimulate eggs."

Harriet Martineau long ago wondered why our rural cottagers did not rear more uni-

versally, the loss being so little, and the demand being practically unlimited. "We import many millions of eggs annually. Why should we import any? Wherever there is a cottage family living on potatoes or better fare, and grass growing anywhere near them, it would be worth while to nail up a little pent house and make nests of clean straw, and go in for a speculation in the way of eggs and chickens. Seeds, worms, and insects, go a long way in feeding poultry in such places, and then there are the small and refuse potatoes from the heap, and the outside cabbage leaves, and scraps of all sorts. Very small purchases of broken rice, extremely cheap, inferior grain and mixed meal is all that is necessary. The keeping of poultry is largely on the increase in the country generally, but more for show than use. There might be larger losses from vermin than in better guarded places, but this could be well afforded, as it would be only a reduction of gains."

Miss Martineau tells us that in order to make money by poultry, in anything like the proportion of attention given to them, the adventurer should either be a capitalist who provides an extensive apparatus for the supply of fowls and eggs to a neighbouring community, or a cottager, small farmer, or small householder who will rear fowls for use and some small profit. In the first place you have the satisfaction of not wholly depending on the butcher.

Miss Martineau tried the experiment herself—she lived somewhere in the country on the outskirts of a town. She had one roosting chamber in the upper part of the coal-shed, and the other in the upper part of the pig-house, each opening into its own yard, and having its ladders without and its perches within. In the small enclosures, made of trellised wood and wire netting, were houses for the nests.

This lady made no distinction of seasons in hatching, as some do. She liked beginning



early, and if she had not a pretty good school by June the owners of "the farm of two acres" were dissatisfied. They kept their winter stock in lime water for November and December, when good eggs always fetch a fair price.

Her account for one year was:—Food, £17 1s. 8d.; improvements in house, £1 15s.; expenses, £18 16s. 8d. Eggs and fowls used and sold were £18 6s. 8d.; stock, £1 5s.; making £19 9s. 2d., or 12s. 6d. profit. But then they had a constant supply of good eggs and fowls.

But though people wondered that people that could write books should take an interest in making butter and keeping poultry, Miss Martineau persevered, and with her friend found health and recreation in the occupation. "We contend above all that there should be no idle household. We have abundance of social duties and literary pleasures, in parlour and kitchen; but these are promoted, not hindered, by our outdoor interests. The amount of knowledge gained by the actual handling of the earth and its productions, and by personal interest in the economy of agriculture, even on the smallest scale, is greater than any inconsiderate person would suppose."

Early hatching is one source of profit. This is promoted by early purchasing of young fowls, not later than August. These will in all probability commence laying in October, and if properly treated will lay far into the winter, when eggs are expensive, and when the early sitting time arrives their eggs will be as excellent for rearing chickens as, in ordinary, are those of older fowls. One great advantage of this system is that the returns are quicker than those who so arrange that their fowls do not lay until the next February or March.

It is usual to have one cock to seven or eight hens, and the male should not be more than two years old. Cochins are very good for early laying, but others, if kept warmly and well fed, will often be as ready as their rivals. Where eggs are only wanted for household use, a great authority says cocks are not required.

The laying of eggs far into the autumn or winter is mainly produced by warmth, which is produced by good housing and the selection of plump birds, with ample plumage. This apparently simple difference is of great importance, as breeders will soon discover. When the fowls are wanted for the table, to sell or consume a Dorking cock is generally preferred. At all events, the male selected should be of a healthy and sturdy breed. When purchasing eggs for hatching, be sure you do so of well-known dealers, who will sell you them according to your desires, at prices varying from 5s. to £1 a dozen. In this case, all you want for hatching purposes is an ordinary barn-door fowl. If you buy good sittings, and they are successful, the pullets from these will replace part of the stock the first year, and so on, if it is so arranged that they are hatched early, and kept well, so that they lay the next autumn. Then their next spring eggs will be suitable for hatching.

When between two and three years old, fowls begin to be unprofitable as layers. They should then be killed, after being fattened, in the early autumn; but if the hen has shown herself to be a very good layer, she may be kept much longer. This is especially the case with what are called high-class breeds, such as Cochins, Hamburgs, Brahmas, and others.

Mr. Lord, the editor of the *Poultry Review*, recommends Brahmas, Houdans, and Plymouth Rocks, where a small number of chickens are to be reared in a somewhat small space. Where there is more space, Brahmas he indicates as the best breed to keep, if only one is required; while, if two, Dorkings, Brahmas, or Houdans. These would, it is believed, pay best. Where there is a good run, or the range of a farm, Houdans are selected, where eggs are the sole requisite, while Plymouth Rocks and Brahmas are chosen where chickens are the object.

#### POULTRY AS A SOURCE OF PROFIT.

In dealing with the question of poultry, the first thing to be remarked on is the great difference between France and England. The French produce eggs and poultry in vast and most remunerative quantities. They export largely to this country, and undersell us in our own markets. This would not be the case if our farmers, housewives, and agricultural

labourers would learn how profitable this department of farming is. Even in towns—especially with long gardens, where you can isolate Chanticleer—it is surprising how much might be saved by judicious poultry-keeping.

But in these days of cheap literature people must be cautioned against believing in the marvellous profits and extravagant estimates which are indicated in some of the manuals and journals issued. When the small farmer, especially in Ireland, reads these, and then realises the truth, he becomes disgusted with the whole subject.

But, while we advise no one to over-estimate the profit to be derived from the poultry-yard, it should not be looked upon as something too contemptible for consideration—in fact, not under-estimate its value and importance as a factor in the return of the farm. Properly carried on, poultry-keeping will yield profits which are exceeded by none of the other branches of agriculture; and, viewed in relation to the money invested, no department equals it. In no time in our history has poultry-keeping attained such proportions as now. But, unfortunately, exhibition, and not poultry-farming, is answerable for this; and while the former has its merits in providing pure stock for crossing—in inducing private persons to keep a few hens, and in its form as a hobby or pleasure to thousands—yet the great majority of the pure races are not suitable to the farm, and in far too many cases they occupy yards which should be filled with more profitable birds. Fanciers do some good, but oftener harm. The farmer must avoid pure and fancy races, except for crossing.

The fancier who supports the exhibitions does not in any single instance breed for meat or eggs—he aims at a certain standard—colour, marking, form, or feather, and the economic qualities of the bird are of no moment to him in his struggle for prizes. Poultry keeping is his hobby, and the pastime occupies thousand upon thousands, who have no interest in common with the farmer, whose aim should be to raise and keep the most prolific, precocious, and saleable cross-breeds. Now let us accurately understand the position of the farmer in this matter (and, as we know, our journal already reaches a large number of this class). If he is a corn grower, he must either keep pigs to consume the waste or lose it. His pigs will pay him equally well, if he keeps poultry to pick up the waste and eat the small grains; hence to neglect poultry is to deliberately throw away one of the proper and legitimate sources of profit of the farm, because they will pay even if their food is all bought; they require a very small outlay of capital, and no extra labour. If an inferior quantity is kept, or if a bad system is adopted, there is certain to be a loss; and the only way to realise a proper and valuable return is to take up the subject in an intelligent manner, produce birds of the right sort at the right time, so that they can be marketed when they realise the most money.

System is the principal thing in connection with this industry.

In some seasons poultry is very cheap, but the producer should be ready for the scarce seasons.

There is no difficulty in making table poultry pay under the ordinary system; if they will not pay in winter market them in the spring; while eggs, if properly attended to, will always pay.

(To be Continued.)

A NEW trade for women in America, says a society journal, which might be profitably followed in the old country, is that of "neighbourhood darning." The woman who follows it has for her customers a dozen or twenty households, each of which she visits weekly, and spends a few hours in doing up the family darning and mending, including ripping and cleansing of old gowns. Her engagements are systematised, and she never lacks work. The pay is fairly good, and the professional mender is a great blessing to busy housekeepers with large families. We have already mentioned this weeks ago.

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(ARRANGED ALPHABETICALLY.)

—:—:—

**Fritters, Rice.**—One cup rice, one pint milk, three eggs, one tablespoonful sugar, two tablespoonfuls butter. Boil rice in milk until soft and all the milk is absorbed, then remove; add yolks of eggs and butter; when cold add whites whipped to dry froth; drop in spoonful in plenty of lard, made hot for the purpose; fry them deep buff colour. Serve with cream or lemon sauce.

**Fruit Tart.**—Spread some fruit paste over the table with a rolling pin, cut a piece the size of a dish, and out of the dishes cut some strips on it, then put fruit in dish with a little water; roll the paste and lay over fruit. When you have trimmed the paste all round brush white of egg over the tart; sift some sugar over it. Then dip paste brush into water and shake it over the tart. Bake it properly and serve up cold. Apples, however, are an exception, as they are better hot.

**Galantine of Young Rabbit.**—Take one or more rabbits, and dress them as follow:—Bone the rabbits and lay them on a linen cloth; lay over it a good meat stuffing, seasoned to your taste, putting over this stuffing, which should be laid on about the thickness of a crown, first a layer of ham cut in thin slices, and then a layer of hard eggs; cover these layers with a little forcemeat; roll up the meat, taking care not to displace the layers, and cover it with thin slices of fat bacon, wrapping the whole in a filtering cloth; wind some packthread round it, and let it boil three hours in stock, adding salt and coarse pepper, some roots and onions, a large bunch of parsley, shallots, a clove of garlic, cloves, thyme, bay leaves, and basil. Allow to cool, and serve cold. Sucking pigs and turkeys are cooked the same way by those who can afford it.

**Galets or Galettes.**—Take three quarts of flour and heap it together, making a hole in the middle; put in this hole a pound of fresh butter, an ounce of fine salt, and some water; knead and roll, flouring the table that the paste may not adhere; roll it to the thickness of an inch; brush it over with egg, put it in the oven, and bake a good colour.

**Game.**—This word applies to all wild animals which are used for human food. It should be kept some time before cooking, as without it is inferior to butchers' meat and poultry. Still, there is a medium, especially with

"Ah! nuthrown partridges—  
Ah! brilliant pheasants,"

which come into fashion in autumn, after the time when

"The thundering guns are heard on every side;  
The wounded coveys, reeling, scatter wide!  
The feathered field-mates, bound by Nature's tie—  
See mothers, children, in one carnage lie."

**Game and Macaroni Pie** is made by putting some few ounces of macaroni into some boiling stock. Then add any game cut neatly in small joints, three-parts cooked. Add some lean raw ham, chopped mushrooms, pepper, and salt.

**Gaufres** have been introduced into this country, but with no very great success, as they require, to make them, a small covered iron frying-pan, square itself, and divided into several little squares. Still, as they can be procured, we may as well give the recipe. Take a pound of fresh butter, a pound of fine dry flour, and six or seven eggs; first mix the egg with the flour in a basin, put a little salt, then sift the flour over the eggs and butter, and add to it a spoonful of yeast. Next mix with the above a pint of cream,



work it well with your hand, and put the basin on the dresser till dinner time. Grease the gauffre mould with bacon fat for the first only, as the others will come out easily without any additional grease. When you serve them up sprinkle some fine sugar over them. If you put the sugar earlier it will make them soft.

**German Waffles.**—One quart of flour, one and one-half teaspoonsful baking powder, two tablespoonful lard, rind of one lemon grated, one teaspoonful extract of cinnamon, four eggs and one pint thin cream, three tablespoonful of sugar, one and one-half teaspoons of salt; sift together flour, sugar, salt, and powder; rub in lard cold, add beaten eggs, lemon rind extract, and milk; mix into smooth, rather thick batter. Bake in hot waffle iron; serve with sugar flavoured with lemon.

**Giblets à la Bourgeoise.**—The giblets of a turkey consist of the pinions, feet, neck, liver, and gizzard. After having scalded and picked them well, put them in a saucepan with a piece of butter, parsley, green onions, a clove of garlic, a sprig of thyme, a bay leaf, basil, mushrooms, and two cloves; heat the whole together, putting in a spoonful of flour; moisten with stock, and season with salt and coarse pepper; lastly, add some turnips heated in butter, and browned of a good colour.

**Giblet Pie.**—After cleaning goose or duck giblets, stew them in small quantity of water, onion, black pepper, a bunch of sweet herbs, till nearly done. Let them grow cold; if not enough to fill the dish lay a beef, veal, or two or three mutton steaks at bottom. Put the liquor of the stew to bake with the above; and when the pie is baked pour into it a large teaspoonful of cream. Slice potatoes added to it eat extremely well.

**Giblet Soup.**—Scald and clean a set or more of giblets. Stew them by themselves in a pint of water for each set till tender, or with a scrag of mutton, or of anything of which soup may be made, three onions, and a bunch of sweet herbs, and five pints of water. Stew until the gizzards are quite tender, then take out the giblets and strain the soup, adding it if other stock be ready, to the broth so prepared; then add a glass of wine, a glass of Harvey or Reading sauce, and a piece of butter rolled in flour. If the soup is desired to be very rich, cream may be added, some sliced onion fried in butter, and a little mushroom powder.

**Gibelotte of Chicken** is a kind of ragout. Cut up a chicken and put it in a stewpan with the giblets, a bunch of parsley and green onions, a clove of garlic, a bay leaf, thyme, two cloves, and a slice of butter. Shake it over the fire with some flour, and moisten with a large glass of white wine, if handy, or some stock and brown gravy, salt, and coarse pepper; let it boil, and reduce to a thick sauce.

**Ginger Beer.**—Slice four lemons, and crush two ounces of ginger; add to them half a pound of lump sugar and two ounces of cream of tartar, or the same amount of lemon juice. Pour on it two gallons of boiling water, and when nearly cold add a tablespoonful of barm. Bottle next morning, and tie down the corks. It will be fit to drink in two days. It will be improved by straining the liquor through a sieve previous to bottling.

**Ginger Wine.**—Peel three lemons very thin; put them with two ounces of the best ginger bruised. Mix two pounds of loaf sugar with a gallon of water on the fire, and boil until the scum rises. Take this clearly off, then add lemon peel and ginger. Let boil half an hour. Put the whole in a tub, allow it to cool, and when rather more than milkwarm add the juice of the lemons and half a pound of chopped raisins. Then put the liquor into a cask, and stir in about three spoonful of good yeast. Fill up the cask once a day for six days. Then put in about the fifth part of a bottle of brandy to each gallon, or half an ounce of isinglass as the proportion to five gallons. Reserve a pint of wine to fill up while working.

**Goose, Roast.**—There are various ways of cooking this tasty bird. One is to take as many large chestnuts as you think necessary, peel, and put them over the fire in a frying-pan with holes at the bottom, turning until they are sufficiently done to take off the inner skin; or, if you have not a pan with holes in it, put the chestnuts into boiling water, which will answer the same end. Separate the finest to make a ragout; mince the others, and put them in a stewpan with the meat of four or five sausages, the liver of a goose

minced, two spoonful of hog's lard or a good piece of butter, a shallot, some parsley and green onions, the whole shred fine, and placed over the fire a quarter of an hour; put this forcemeat into a young goose prepared for the spit, roast, and serve in a ragout of chestnuts. This is the French way. In France, however, roast goose is not held in much esteem, and is rarely seen except at the tables of the lower orders.

**Gratin.**—We have already described gratins generally, but a very good one may be made with a neat's tongue, blanched and boiled till the skin comes off easily. Then cut it in pieces, and shred small some parsley, green onions, five or six leaves of tarragon, three shallots, a few capers, and an anchovy; next mix a handful of grated crumbs of bread with a piece of butter half the size of an egg and a part of the herbs you have shred, and arrange these in a dish that will stand the fire; upon these crumbs place half the slices of tongue, then the remainder of the crumbs with a second layer of the tongue, seasoning with salt and coarse pepper, and moistening the whole with three or four spoonful of stock. Let the whole stew over a stove till it forms a gratin in the bottom of the dish. The same may be done with sheep's trotters, mutton cutlets, sheep's tongues, lambs' feet, rabbits, partridges, eggs, &c.

**Gravy, Cauliflowers with.**—Having boiled and drained the cauliflowers, heat it up a minute or two in a saucepan with dripping or other grease, and a little flour; add to this some gravy, salt, pepper, nutmeg, and a little stock; shake it as little as possible that it may not break.

**Gravy (Jus).**—For grand occasions to make gravy, put in a saucepan three pounds of lean beefsteak, the legs and back of two rabbits, a knuckle of veal, six carrots, six onions, two cloves, two bay leaves, a bunch of parsley, and some chives, with two ladlesful of stock. Put the saucepan on a good fire, and when the stock is nearly boiled away lessen the fire to almost none, leaving the saucepan on till all the juice is extracted from the meat. When the jelly thus formed at the bottom of your saucepan becomes of a dark colour take the saucepan off, leaving the jelly about a quarter of an hour without moistening it; after which time fill up the saucepan again with water or stock; let your gravy simmer over the fire for three hours, skim it well, season and strain it through a sieve. To be used for made dishes, what is not used cork carefully in a jar.

**Gravy, Poached Eggs with.**—Fill a saucepan three-parts full of water, add a little salt and vinegar; place it on the edge of a stove that it may keep constantly boiling slow; break five eggs carefully into it without injuring the yolks; take them out with a proper eggspoon immediately they are done that they may not be too hard; but if this should happen to be the case, putting them into a little cold water will rectify it. Eggs that are poached should be very fresh. As a side dish drain them, pepper each egg a little, and serve with some gravy in the dish.

**Gravy, White Kidney Beans with.**—Brown a little flour in a stewpan with some grease; the haricot beans having been previously boiled, as before directed, warm them up in the flour and grease, add a little of the above gravy, some stock, salt, and pepper; let the whole stew half an hour, and serve.

**Green Pea Soup Maigre.**—Take a quart of old green peas, two sprigs of mint, and two quarts of water; boil altogether until all the peas are soft, then pulp them through a sieve; put the liquor thus obtained in a stewpan with a pint of young peas, two or three cucumbers cut into thick square pieces, and an onion or two, with three or four ounces of butter; melt the butter with a little flour, only sufficient to keep it from cooling, with some of the soup, and then add it to the remainder; the addition of mushroom ketchup will give it the flavour of meat.

**Gudgeons.**—They are usually fried. Scale, empty, and wipe them clean without washing, and put them, floured, into a good boiling friture of butter.

**Gudgeons, Stewed.**—Take off the scales, and empty the gudgeons; wipe without washing them; then take the dish upon which you serve them and put into it some good batter, with parsley, green onions, mushrooms, two shallots, thyme a bay leaf, and basil, all cut fine, with salt and pepper; lay the gudgeons on this, seasoning them over and under, and moistening the whole with a glass of red wine; cover the

dish, and set it over a brisk fire till the sauce is almost consumed; a quarter of an hour will be sufficient to do them.

**Hare.**—There is no doubt that roasting is the best way of cooking. It can be roasted in the ordinary manner, but a very good way is having skinned and drawn a hare, parboiled by a quick fire till the flesh becomes firm. Take it off; dip your hand into the blood, and rub it over the back and legs; then lard with bacon and roast an hour. When done, serve with a separate sauce made thus:—Bruise the raw liver of the hare with the back of a knife, and put it into a saucepan with a small slice of butter, a few shallots, whole parsley, a sprig of thyme, and a bay leaf; add three-quarters of a spoonful of flour, and warm the whole up together; then put in a glass of white wine, two glasses of stock, and turn the sauce over the fire till it boils. Add salt and pepper, reduce to less than half, strain, and serve.

**Hare, Civet of.**—Cut up a hare (preserving the blood if there is any), and heat it up in a sauce farina, slice of butter, and a bunch of herbs; shake in some flour, and moisten with a pint of stock, adding salt and pepper. When done, if you have any of its blood, put it in, then thicken the sauce over the fire in butter. To this stew, as also the blood and liver of the hare, reducing all till the sauce becomes very thick.

**Hare, Haricot of.**—Skin and cleanse a hare, and having separated the bitter part of the liver, cut into bits, and put it into a stewpan with a slice of butter, a bunch of parsley, and green onions, a clove of garlic, two shallots, a bay leaf, thyme, and basil; turn them a few times over the fire, and put in a ladleful of flour; moisten with half a pint of white wine, two spoonfuls of vinegar, and two or three glasses of water, and some stock. Then get ready some turnips pared and cut properly; parboil them half a quarter of an hour in water, and put them into the stewpan with the hare, adding salt and coarse pepper; let them stew till done, and the liquor reduced to a thick sauce; then take out the bunch of herbs, and serve hot. If the hare be tender, put in the turnips at the same time.

**Hare, Marinated.**—Take a hare, skin and draw it; then take off the inner skin from the legs and sides, lard with lean bacon, and steep for two hours in a lukewarm marinade made with vinegar, salt, and pepper, a little water, onions, some parsley, thyme, bay leaf, and a piece of butter rolled in flour. Then roast, basting frequently with the marinade. Reduce what remains of the marinade; strain it; add a little gravy, and serve it separate.

**Hare Pie.**—Cut up a hare, taking care to preserve the blood, and lard it with large slices of bacon rolled in salt, parsley, green onions, and garlic, all shred fine; then stew it in a small pan with half a glass of brandy, and a slice of butter; let it cook by a slow fire, and when done and the sauce nearly consumed, add the blood, letting it heat but not boil. Lastly, place the hare on a dish, laying the pieces so close that may appear as one. Serve cold, as a side dish.

**Hare, Roast Hind-quarter.**—Lard and roast the hind-quarter of a hare; baste very frequently, and, when done, serve with a dark-coloured sauce made with its gravy, vinegar, salt, pepper, and leeks. You may dress what remains on the fore part *en civet*.

**Haricot of Mutton.**—To make it à la bourgeois cut a shoulder of mutton in pieces about the width of two fingers and a little finger; mix a little butter with a ladleful of flour, and put it over a slow fire, stirring it with a spoon till it becomes of the colour of cinnamon; then put in the pieces of meat, giving them two or three turns over the fire, and adding some stock if you have any, and if not about half a pint of hot water, which you must stir in a little at a time so that the flour and butter may be well tempered. Then season with pepper and salt, adding parsley, green onions, a bay leaf, thyme, basil, three cloves or a clove of garlic if liked; set the whole over a slow fire, and when half done skim off as much fat as you are able. Have some turnips ready pared and cut in pieces, stew them with the meat, and when that and the turnips are done take out the herbs and skim off the fat that remains, and reduce your sauce if too thin over the fire to the consistence of a thick cream; then dish the turnips and meat for table with the sauce.

(To be Continued.)



# Fireside Novelettes.

## A SILVER WEDDING.

### CHAPTER II.

LIFE in Heidelberg is a mixture of love-making, fighting, and a little study.

The love-making is generally harmless, while the fighting is not much more serious. When a duel is decided on, everything is done *en regle*. Seconds do their duty, are duly sent to challenge the offender, and matters arranged with a gravity that is apparently innate in the German character. The place of combat is selected, and due precautions taken against the inquisitiveness of the college dons. But so frequent are these duels, and fought on such trifling provocation, that every precaution is taken against fatal results.

A basket-made suit of armour is adopted, while masks are worn on the face, so that nothing but flesh wounds are likely to ensue, and the furious combat generally ended in an uproarious orgie, at which the consumption of lager and other beers was unusually abundant.

The two Gabriels lodged together, that is to say they had each a bedroom in the same house, but, as at Thurley, their paths diverged.

Gabriel, the younger, was still sedate and studious. He mixed with the more serious of the students, and endeavoured to make the most of the opportunities given to him by his father, not forgetting to keep up a correspondence with pretty Jane.

Gabriel senior followed certain lectures—in a word, did all that a student is compelled to do to keep on the books, but there his student life ended.

What he learned was mere make-believe, and his leisure was spent with the most riotous of the collegians native and foreign.

It could not be said—

"His only books were woman's looks,"

because his comrades were chiefly men, but he found leisure to devote himself at times to the fair sex, and was an assiduous attendant on the dancing places so common in the outskirts of the academical city.

Occasionally the two Gabriels met and shook hands, on which occasions the younger and more steady cousin willingly accepted the offer of his elder to join him in just one *choppe* of lager, after which they chatted of home, and parted.

The two had been in Heidelberg about nine months, when events of importance occurred, doomed to have great results for both.

Gabriel the elder absented himself from his boarding-house at times, in no way explaining his mysterious absences.

His cousin was naturally anxious about him, but, venturing once to ask where he spent his nights, was coolly told to mind his own business.

"I don't ask you for any account of your comings and goings," said the maltster's son, "and I wish you to do the same. Our paths are widely apart. You were born to be a milksop, I was not."

And the attorney's son, feeling himself snubbed, made no further remark at the time.

Both the youths had a liberal allowance, quite ample for all legitimate expenses. Heidelberg life is not expensive for anyone who goes there to study, but nothing is easier than to over-run one's allowance when extravagance steps in, and one gives wine parties to students and their female friends.

The younger Gabriel always had a pound or two in his pocket, though he was by no means parsimonious, nor likely to deprive himself of comforts or even small luxuries.

His chief companion was a young man named Hermann, a very studious youth, the son, as Gabriel soon found, of poor parents, who were very anxious he should succeed in one of the learned professions.

These two often took walks together, and Gabriel, knowing that every small coin was of vital importance to his friend, always contrived to pay all expenses. He was quiet, but being very thoughtful hit upon an ingenious plan by which to soothe the self-love of his comrade.

At this college, as at most others, the classics are deemed all important, and modern languages

looked upon as of very second-rate importance. Now Gabriel above all wished to learn German, and he readily made arrangements with his friend to teach him—for a consideration.

On one of their pedestrian tours they put up at a small inn, where, for persons with simple tastes and hearty appetites, very good fare was provided. After a long walk our two friends were very hungry, and enjoyed the plain fare put before them with hearty gusto.

They sat at an open window enjoying the view, when suddenly their attention was attracted by the tinkling of mule bells.

Looking out, they saw two ladies mounted on those useful animals, and preceded by a guide.

They were close to the window.

"I wonder," remarked the elder of the two ladies in very pure English, "if we could find anything to eat in this odd-looking hut? I am both hungry and thirsty."

"Very excellent bacon and eggs, good cheese, as sweet butter, with very good beer," said Gabriel, rising and bowing from the window.

The second lady, who was young and floridly handsome, laughed, and speaking to the guide, he at once prepared to assist them to dismount. His first offer, as in duty bound, was to the elder lady, so that Gabriel, who rushed out bareheaded, had the satisfaction of playing chevalier to the younger.

In ten minutes the four were seated at an improvised meal, enjoying themselves heartily.

The luncheon over, the ladies continued their journey, while Gabriel and Hermann returned to Heidelberg, where their college duties called them.

On returning to his apartments that evening Gabriel found that one or two strangers had called on him, expressing their intention to return.

"If they come again, call me down," remarked the young man.

And they did call again, and proved to be tradesmen with long bills, which they insisted should be paid at once.

Gabriel junior had no difficulty in proving to their satisfaction that he was guiltless of debt.

They, however, begged him to remind his cousin of his indebtedness, adding that if their demands were not attended to they would take severe proceedings.

The next day as Gabriel senior was going out his cousin waylaid him, and told him the messages that had been left.

"Let them go hang," remarked the elder Gabriel.

"But the laws against debtors are very severe," replied the junior cousin.

"I can't help it," answered the other. "If I pay one I must pay all."

"I have seven pounds left," said the soft-hearted young man.

"You can lend me five," replied his cousin, laughing, "as I have to meet some friends to-day. You can stop that out of our next remittance. But I can't pay one hundred and seventy pounds with seven."

Gabriel junior looked aghast; but he handed his cousin the five pounds.

"Well, cousin," said the elder in a mysterious tone, "don't worry. I believe I shall pay my debts after all. Something is sure to turn up."

And he went out whistling.

Several days passed by, and no creditors called. Gabriel senior wholly disappeared from the boarding-house, and his cousin grew anxious.

About a month later the inseparables, Hermann and Gabriel, were strolling under an avenue of trees, when a carriage came dashing up.

"Himmel!" cried the German. "Look!"

Gabriel looked, and in the carriage he saw his cousin in smiling conversation with the young lady of the adventure at the inn, while the elder looked on complacently.

Gabriel was surprised. Was his cousin going to marry? He had heard in a casual way the young lady was an heiress.

This was his way out of his difficulties.

Five weeks passed, and yet no Gabriel senior. He seemed to have disappeared.

Then one evening late, when the young student was returning from spending an evening with Hermann's relations, a man in a slouched hat, and wearing a cloak, tapped him on the shoulder.

"Hist!" he whispered. "This way. My creditors are after me. Have you received our remittance?"

"Yes, Gabriel," cried the other.

"Have you got it about you?"

"Yes; come in here"—pointing to a coffee-house.

They entered. Our Gabriel noticed that the other was pale and haggard, and, while ordering coffee for himself, ordered brandy for his cousin.

He then opened his pocket-book, and produced the two half-yearly remittances, as yet untouched.

Gabriel senior clutched his, and then whispered:

"I am off. I will write and explain," he said, wringing the other's hand.

But Gabriel junior went away home, and many years passed ere he ever heard of his cousin.

### CHAPTER III.

THERE were seated together one evening when the sun was low a lady of some two or three-and-forty summers and a plump, middle-aged gentleman with a talkative face. The plump gentleman's garb betrayed him as a member of a clerical order, and the lady had indications of widowhood about her—indications subdued, but sufficiently marked to be recognisable.

"You ask me," said the lady, with tremulous lip and eyelid, "why I assume this garb?"

"I maintain anew," said the talkative-faced gentleman, speaking as if his spring had been touched and he could not help himself, "that the question is not merely natural and justifiable, but inevitable. Of all the surprises—"

The gentleman stopped with outspread hands and the talkative expression still fixed upon his face, as if his spring had run itself down already.

"I admit it," said the lady, drawing forth a cambric pocket-handkerchief and pecking at it; "I admit it freely."

"Then—" began the gentleman in a great hurry, but stopped dead short at a wave of the lady's hand.

"Let me explain," said the lady.

"I am naturally," said the gentleman, "peculiarly and especially desirous, my dear Miss Greenfell, that you should. Naturally peculiarly and especially desirous."

"I will," returned the lady, "though you will shortly see that nothing but a sense of the most pressing duty could ever draw the painful story from me."

"I ventured to assure you beforehand, my dear Miss Greenfell, of my completest sympathy."

"That name," said the lady, arranging her handkerchief for use, "is no longer mine."

Her companion fell back in his chair.

"No longer yours? Madam, you amaze me."

"Practically," said the lady, from behind her handkerchief, "I am nameless."

"God bless my soul!" said the gentleman, feebly; "you don't say so."

"In my youth," said the practically nameless lady, weeping, "I was taken by my legally appointed guardian to the Continent. I was a ward in Chancery."

She paused, and her listener got in "Dear me!" edgewise.

"I was a mere child," sobbed the nameless lady, "a child of seventeen, when the serpent crossed my path."

"Upon my word," said the clerical gentleman, "I am distressed. Deeply and bitterly and profoundly."

"He made proposals of an honourable nature," pursued the lady, with averted head.

"In my ignorance of the world I thought him disinterested and sincere. He induced a low captain from a neighbouring town to personate my father, and we were married by the chaplain of the English Church at Düsseldorf."

"God bless my soul!" said the clerical gentleman again, with increasing feebleness.

"Before we had left the altar," pursued the lady, "he appeared in his true light, as a fortune-hunter of the basest type. I cannot tell you—I really cannot tell you how it came about—but I think it was from an expression of my innocent regret that I had not the command of my little fortune that he learned that I was a ward in Chancery. Then I learned



that he was penniless and an outcast. Within an hour of the utterance of his solemn promise he left me, and I have never since heard one word of him."

At this period of the memory of her troubles the lady wept unaffectedly, and at the sight of her distress the clerical gentleman blew his nose with violence.

"I have preserved," she said, when she had somewhat recovered her composure, "the certificate of our marriage and the callous note in which he bade me farewell. They are here."

She opened a big pocket-book which lay before her on the table, and, having wiped her eyes, drew from it the documents she spoke of. The clerical gentleman took them with a helpless air, but having read the first, he bounded from his seat and smote the table. The practically nameless lady jumped.

"Madam," said the clerical gentleman, "this is a Providence; and though the discovery thus made may dash to the ground the dearest of my earthly hopes, I protest that I am glad to have made it." The lady looked at him wonderingly. "Madam, for five years I have taken this serpent to my bosom as a friend."

"He is alive?" cried the lady. "You know him?"

"He is alive," said the clerical gentleman, with a deadly air, "and I know him." The nameless lady took a paralytic attitude. "Gabriel Guest, madam, returned many years since to his native town. He lives there still, respected. He is within the limits of my rural deanery, and I have consulted with him upon matters appertaining to the welfare of the church. Madam, bitterly as I regret the discovery for my own sake, I rejoice in that offer of my hand and heart which led to this disclosure. The manner in which the disclosure has been made adds not inconsiderably to the respectful devotion with which, from the first moment of my knowledge of you, you inspired me. Permit me, madam, to act as the champion of injured innocence, and to launch the bolt of detection at the criminal."

"I could not bear," said the lady, "to see him again. My little fortune is now my own, and I suppose that he could claim it."

"He is married, madam," cried the rural dean; "and to-morrow," he added, with a look of sudden recollection, "to-morrow, as I live, he celebrates his silver wedding."

"Married?" cried the lady, rising. "Married, within two months of his desertion of me!"

"Shall such perfidy," asked the rural dean, "shall such perfidy go unpunished?"

"Never!" exclaimed the lady.

"We will denounce him," said the rural dean, "in the presence of his assembled guests."

(To be Continued.)

## Vegetarian Cookery.

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**APPLE AND TAPIOCA PIE.**—Line the edges of a pie-dish with paste, then put in a layer of peeled, cored, and sliced apples, with a little sugar and a few cloves, then a layer of tapioca which has been steeped all night (drain off any water not absorbed), continue this process till the dish is full, cover it with paste, and bake in a rather quick oven.

**DAMSON AND APPLE TART.**—Peel, core, and slice the apples, put into a pie-dish with an equal quantity of damsons, add plenty of sugar or honey, cover with paste, and bake one and a half hours.

**TREACLE TART.**—Have ready a rather deep meat dish, butter and lay a paste all over it, then spread on—save round the rim—a layer of treacle or syrup, over all put a layer of paste, then treacle, and so on three or four times, finishing off with paste; bake in a rather quick oven nearly an hour. Do not use much treacle or it may boil out.

**TAPIOCA AND JAM TART.**—Cook the tapioca in water, and sweeten with a little sugar. Cover a plate or tartlet tin with paste, lay some tapioca over the bottom, then some preserve (black currant jam is very nice), then another layer of tapioca, cover the whole with paste, and bake in a brisk oven till nicely browned.

**GOOSEBERRY TART.**—Line a plate or tin with

paste, lay some gooseberry jam over the bottom, ornament the top by laying across narrow strips of twisted paste.

**FRIAR'S OMELET.**—Half pound stale bread-crumbs, half dozen large good cooking apples, one egg, two ounces sugar, one ounce butter. Set a pint of water on to boil; when boiling, stir in two tablespoonsful of oatmeal, previously mixed in a little cold water; add a little salt, and boil half an hour, stirring frequently; ten minutes before ready put in a little piece of butter. Add more salt or sweeten with sugar, according to taste.

**PEARL MEAL PLUM CAKE.**—One pound pearl meal, one pound flour, three ounces sugar, saltspoonful of salt, two large teaspoonfuls of baking soda, one egg, six ounces currants, six ounces raisins, one ounce lemon peel, three ounces butter, one and a-half pints of milk. Sift together the meal and flour, rub in the butter and soda, add the sugar, fruit, and peel; dissolve the salt in the milk, pour in with the beaten egg, and mix all well together into a firm smooth batter. Pour into a buttered tin, and bake in a rather hot oven about one and a-half hours.

**TOMATO AND RICE SOUP.**—One and sixpenny tin of tomatoes, one and a-half teacupful of rice, one and a-half ounces of butter, two ounces of onion, two quarts of water, salt to taste. Brown the butter, put in the onion cut into small pieces, and fry till tender, pour on the water, which should be boiling, add tomatoes, and stew gently ten minutes, after which add the rice and let the whole simmer about twenty minutes. Do not cook longer, as the grains of rice are intended to be kept whole.

**CORN FLOUR BLANC MANGE.**—One pint of milk, two ounces of corn flour, two ounces of sugar, five drops of essence of lemon or almond flavouring. Set nearly the whole of the milk on to boil, mix the corn flour with the remainder, and stir into the other when boiling, add the sugar, and boil six minutes, flavour, pour into a mould dipped in cold water, and let stand twelve hours. Eaten with preserves, or cold fruit pies or tarts.

**CHRISTMAS PLUM PUDDING.**—One and a-half pounds of flour, one pound of brown bread crumbs, one pound of raisins, one pound of currants, two eggs, twelve ounces of brown sugar, two tablespoonsful of treacle, five ounces of butter, one ounce of orange peel, one ounce of lemon peel, two ounces of citron, grated rind of a lemon, saltspoonful of salt; and a little mace, nutmeg, and powdered cloves, and one and a-quarter pints of milk. Stone the raisins, wash the currants, cut the peel in slices; rub the butter well into the flour; mix in the bread crumbs and other dry ingredients. Add the sugar and spice, and moisten the whole with the beaten eggs and milk. This quantity will make two rather large puddings, which should be put into well buttered basins and boiled six hours. A longer time will do them no harm. Serve with sweet sauce.

**VEGETARIAN MINCE PIES.**—Three pounds of peeled and cored apples, one pound of raisins, one pound of currants, quarter of a pound of citron, quarter of a pound of orange and lemon peel mixed, half pound of brown sugar, one pound of treacle, one nutmeg grated, one teaspoonful of powdered cloves, one teaspoonful of powdered mace, one teaspoonful of ground cinnamon. Wash the currants, stone the raisins, cut the peel in slices. Mix these with the other ingredients and apples chopped fine. This quantity sufficient for seven or eight pies the size of a dinner plate. When baking into pies, allow one thoroughly beaten egg to each; also a teaspoonful of lemon juice and one of essence of lemon, and heat the whole for a few minutes over the fire. Butter a plate, cover over with paste, lay on the mincemeat, cover it with paste, and bake in a brisk oven till lightly browned. The spices may be omitted or varied according to taste. Nearly an ounce of butter may be added to each pie if liked.

**FRUIT CUP CAKE.**—One cup of butter, two cups of raw sugar, one tablespoonful of treacle, two eggs, one cup of milk, three cups of flour, one cup of raisins, one cup of currants, two ounces of citron, two ounces of orange and lemon peel mixed, half teaspoonful of baking soda, half teaspoonful of powdered cloves, and half teaspoonful of mace. Mix together the butter, sugar, and spices; add the eggs well beaten, and milk; then stir in the flour with

soda well rubbed into it; lastly, the fruit and peel. Beat all together, put in a buttered tin, and bake an hour in a quick oven.

**BAKED APPLES.**—Select some good cooking apples of equal size, pare and core without dividing, dip into cold water, roll in powdered white sugar, put into a tin with a little water, and bake in a quick oven. Try with a fork to know if done.

## THE CAT.

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(Continued from page 279.)

I MUST tell you something about Mincing-lane cats, says the Rev. J. G. Wood. Their home was the cellar, and their habits and surroundings were decidedly commercial.

We had one cunning old black fellow, whose wisdom was acquired by much experience. In early youth he must have been very careless. He then was always getting in the way of men and the wine cases, and frequent were the disasters he suffered through coming into collision with moving bodies.

His ribs had often been fractured, and when Nature repaired them she must have handed them over to her prentice hand, for the work was done in rather a rough and knotty manner.

This battered and suffering pussy was at last assisted by a younger hero, who, profiting by the teachings of his senior, managed to avoid the scrapes which had tortured the one who was self-educated.

Senior taught junior to avoid men's feet and wine cases in motion, and pointed out the favourite hunting grounds, while junior offered to his aider and mentor the aid of his activity and physical powers.

Senior had a cultivated and epicurean taste for mice, which he was too old to catch; he therefore entered into a solemn league and covenant with junior to the following effect:—

It was agreed between the two contracting parties that junior should devote his energies to catching mice for the benefit of the senior, who, in consideration of such service, was to relinquish his claim to a certain allowance of cats' meat in favour of junior.

This courteous compact was actually and seriously carried out.

It was an amusing and touching spectacle to behold young pussy grimly laying at the feet of his elder the contents of his game bag; on the other hand, senior, true to his bargain, licking his mouth and watching junior consume a double allowance of cats' meat.

Senior had the rare talent of being able to carry a bottle of champagne from one of the cellars to the other, perhaps a distance of fifty feet. The performance was managed in this wise:—

You gently and lovingly approached the cat, as if you did not mean to perpetrate anything wicked. Having gained its confidence by fondly stroking its back, you suddenly seized its tail, and by that member bodily lifted the animal from the ground, its four feet in the air ready to catch hold of anything within reach. You then quickly bring the bottle to the seizing point; pussy grasps the bottle with a kind of despairing grip.

By means of the aforesaid tail you carefully carry pussy, bottle and all, from one part of the cellar to another.

Pussy, however, soon becomes disgusted with this manoeuvre, and when he saw a friend with a bottle of champagne looming ahead used to beat a precipitate retreat.

Put knew but one fear and had but few hates. The booming sound of thunder smote her with terror, and she most cordially hated grinding organs and singular costumes.

At the sound of a thunder-clap Put would fly to her mistress for succour, trembling in every limb.

If the dreaded sound occurred in the night or early morning Put would leap on the bed, and crawl under the clothes as far as the foot. If the thunderstorm came on by day Put would jump on her mistress's knees, put her paws on her neck, and hide her face between them.

She disliked music of all kinds, but bore a special antipathy to barrel organs—probably because the costume of the organ-grinder was unpleasant to her eyes.



But her indignation reached its highest bounds at the sight of a Greenwich pensioner, attired in those grotesque habiliments with which the crippled defenders of their country were forced to invest their battered frames.

It was the first time that so uncouth an apparition had presented itself to her eyes, and her anger only seemed equalled by her astonishment. She got on the window-sill, and there chafed and growled with a sound resembling the miniature roar of a lion.

When thus excited she used to present a strange appearance, owing to a crest or ridge of hair which used to erect itself on her back and extend from the top of her head to the root of her tail, which latter member was marvellously expanded. Gentle as she was in her ordinary demeanour, Put was a terrible cat when she saw cause, and was undaunted by size or numbers.

She had a curious habit of catching mice by the very tips of their tails, and carrying the poor little animal about the house dangling miserably from her jaws.

Apparently her object in so doing was to present her prey uninjured to her mistress, who she evidently supposed would enjoy a game with a mouse as well as herself; for, like human beings, she judged the character of others by her own.

This strange custom of tail-bearing was carried into the privacy of her own family, and caused rather ludicrous results. When Put became a mother, and desired to transport her kittens from one spot to another, she followed her acquired habit of portage, and tried to carry her kittens about by the tips of their tails.

As might be supposed, they objected to this mode of conveyance, and, sticking their claws in the carpet, held firmly to the ground, mewling piteously, while their mother tugged at their tails.

It was absolutely necessary to rescue the kittens from their painful position, and to teach Put how a kitten ought to be carried. After a while she seemed to comprehend the state of things, and afterwards carried her offspring by the nape of the neck.

At one time, while in her kittenhood, another kitten lived in the same house, and very much annoyed Put by coming into the room which had been laid out for herself.

However, Put soon got over the difficulty by going to the plate as soon as it was placed in her accustomed spot, picking out all the large pieces of meat and hiding them under the table.

She then sat quietly, and placed herself as sentry over her hidden treasure while the intruding cat entered the room, walked up to the plate, and finished up the little scraps of meat that Put had thought fit to leave.

After the obnoxious individual had left the room, Put brought her concealed treasures from their hiding place and quietly consumed them. I never saw a more dainty cat than Put. She would not condescend to eat in the usual feline manner, but would hitch the talons of her right paw into the food that was given to her, carrying to her mouth as delicately as if she had been accustomed to eat with a fork.

One curious little trait in her character is worthy of notice. She objected to see a pin whether belonging to the hair or the dress, and devoted her energies to extract the offending article of costume, and laying them on the table.

In her friendships as well as her antipathy, she was somewhat peculiar. She made acquaintance at one time with a rabbit, a puppy, and a game cock, and for the time was very affectionate in her conduct towards these strange allies.

She had curious tastes for a cat, preferring well sweetened tea to milk, and bread crusts to meat.

Moreover she would not eat her meals unless the dish was placed near her mistress, and if this was not gratified, always sniffed contemptuously and turned away.

She was an enthusiastic mouser, but her great talents were displayed in the capture of sparrows. She was accustomed to creep quietly into the garden and to seek concealment under the thickest foliage she could find.

Being thus concealed from the watchful eyes of the little birds which flock in such numbers,

and with such importance to the suburban gardens, Put would imitate the chirping of the sparrows with such wonderful success, that she repeatedly decoyed a heedless sparrow within reach of her spring, leaped upon it and carried it off in triumph to her mistress.

While engaged in this singular vocal effort she used to contract her mouth in the strangest manner, forcing her lower jaw so far from side to side, that it appeared every moment to be in danger of dislocation. On each occasion the distortion of the feature was so great as to make her positively ugly.

She was one of the most playful cats, and even to the very last hour of her existence would play as long as she had power to move a limb.

Although the mother of several families, she was as gamesome as a kitten, and delighted in getting on some elevated spot and of dropping a piece of paper or a handkerchief for the purpose of seeing it fall.

More than once she got in a chest of drawers, and insinuating her supple paw in a drawer that had been left slightly open, hooked out every article of apparel that it contained, and let them drop on the floor. When anyone was writing, Put was rather apt to disconcert the writer. She always must needs try her skill at anything her mistress did, and no sooner was the pen in motion than Put would jump on the table, and seizing the end of the pen in her mouth, try to direct its movement in her own way. That not answering her expectations, she would pat the fresh writing with her paw, and make sad havoc of the correspondence. After the fashion of the cat tribe, she delighted to cover up the remnants of her food with any substance that seemed convenient.

She was accustomed, after taking her meals, to fetch a piece of paper and lay it over the saucer, or to put her paw in her mistress's pocket and extract her handkerchief for the same purpose. These little performances showed some depth of reasoning in the creature, but she would sometimes act in a manner totally opposite to rational action.

Paper and handkerchiefs failing, she has been often seen, after partly finishing her meal, to fetch one of her kittens and lay it over the plate for the purpose of covering up the remainder of her food.

When kitten, paper, and handkerchief were all wanted, she did her best to tear up the carpet and lay the scattered fragments upon the plate. She has been known, in her anxiety to find a covering for the superabundant food, to drag a table-cloth from its proper locality, and to cause a sad demolition in the superabundant fragile ware.

Some of her offspring have partaken considerably of their mother's soft fur and gentle nature, but none of them are so handsome as the parent. One of the kittens, called Minnie, was removed and conveyed to another household, where there was a young canary, which I had bred.

The cat and the bird were formally introduced to each other, and for a time all went well. One day, however, the kitten, then three parts grown, was seen perched on top of the wires, her paw being thrust into the cage.

At first the cat seemed engaged in an attack upon the bird, but on closer inspection it appeared that Minnie was simply playing with the little bird, and was stroking its head with its soft paw. The canary seemed to comprehend the matter, and to be rather pleased with the caresses of the velvet paw than alarmed at the proximity of its natural enemy.

(To be Continued.)

THE APPLE OF OUR EYE.—And why, let me ask, should a woman take it so seriously to heart if her brain do weigh five ounces less than a man's? So do her feet! And so do her hands! But if she makes it up on her heart nobody thinks the worse of her for it. Really, I think it is selfish of a woman to want the most and best of everything. She has the majority of the good looks in the world, and of the good times, too, I'll warrant; and it is quite her own fault if she does not get the majority of all the love. She has the prettiest clothes, and she gets the most candy, and she has roses and violets heaped upon her from year's end to year's end—if she is good and lucky.

## MONEY MAKING FOR LADIES.

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### BEEES AND POULTRY.

WE have gone into these subjects at length generally, but a few words may not be amiss as to woman's work in this direction. The culture of bees seems to accord naturally with the culture of flowers; and in connection with a garden, it is a comparatively easy matter to raise bees. They take up little room, generally find themselves and take care of themselves, and have not, like poultry, a morbid appetite for seeds and summer vegetables. Bee raising particularly commends itself to ladies, because there is so little labour involved in it; it is like having a small colony of slaves at work, while the owner is occupied with other things, or enjoying the sweet do-nothingness that comes of accomplished tasks and abundant means.

That bees are an abundant source of profit, abundant experience proves; and as they do not require private acres for promenading, they may be kept to advantage even in the city. But they are seldom found there; and even in the country it is very rare to find a lady engaged in keeping them to any extent. And yet they are the best paying investment in live stock that can possibly be made as an incidental occupation, which is just the subject in question—affording large returns for a moderate outlay, and involving very little after expense.

It is stated in an agricultural report that a lady bought four hives for two pounds, and in five years she was offered £400 for her stock, and refused it as not enough. In addition to this increase in her capital, in one of these five years, she sold twenty-five hives and four hundred and thirty pounds of honey. On the strength of this it is asserted on good authority\* that almost any woman in the suburbs, as well as in the country, can manage bees, and make more profit than in any other employment requiring so little labour and time.

"Two girls in Michigan," says Mrs. Church, "are said to be successfully engaged in bee-keeping; they have fifty swarms of bees, and have sent neatly to market eleven thousand pounds of honey, worth nearly a thousand pounds. Here," adds the narrator, "is a new employment for many girls, who could make a good living in this business."

The most serious objections to bees are stinging and swarming; but in regard to the former, Italian bees, which are the most profitable and desirable in every way, are said also to be amiable, and not at all disposed to sting. Besides a French scientific journal has published "a safe and convenient method of getting the honey from the hives. A quarter of an ounce of chloroform is poured upon a handkerchief, which is laid on a plate resting upon a sheet or table cover spread on the ground. An iron gauge sieve is then laid upon the sheet over the plate. The hive is carefully lifted from the bench and set on the sieve; the sheet is drawn closely around the hive to enclose the fumes of the chloroform. A loud buzzing ensues, to which succeeds perfect silence. Then the hive may be lifted, when the bees are found insensible lying upon the sieve. The robbery is then proceeded with, the hive replaced, and in a short time the bees, revived by the air and sunshine, return to their hive and their labour, as if nothing had happened.

"But how am I to begin?" we are often asked in this as in all other things; what is done first. I was never near a hive of bees in my life."

The best beginning is to read some excellent work on the subject, like Quimoy's "Mysteries of Beekeeping;" then to follow some very practical instructions—"Get from one to four hives, according to your honey field and faith, take them to a beekeeper, who will place a good first swarm in each hive, and remove them home. Or if the seller is pleased to let them stand till autumn, place boxes on them and let them stand till then. At the proper time remove the boxes, and take them home. With hives so disposed as to prevent the disposition to swarm, and the number limited to the capacity of the field, they would sometimes

\* Note Miss MacIllvane, afterwards Eliza R. Church.



yield honey to the amount of two hundred pounds a hive in one season. On this plan there is little to do but to place and remove the boxes at the proper time. If the hive is so constructed as to have ample room in the breeding and wintering apartment, feeding is rendered unnecessary.

"If proper means are used to give room in the surplus boxes for all the colony the whole season, before any preparation is made for swarming, and the hives are effectually shaded from the sun, no watching for swarms will be required, and no time necessarily devoted to them, but to put on the surplus boxes in season and remove them when full; and this may be done by a neighbour accustomed to the business if one is apprehensive of danger in performing these or any other operations about the hive."

This removes the second objection to bee-keeping, and reduces it to a very simple affair. These busy insects, however, are quite fastidious about their surroundings, and do not like the direct rays of the sun. An orchard seems to furnish the right degree of shade, and a bee-keeper says that the best success he has ever known with bees has been in orchards and shaded farmyards. In point of situation, elevated ground is better than a low place or valley.

Wintering bees is a far more serious business than summering them, as swarms not properly cared for come out in the spring in a weak and dying condition. The difficulty often arises where to winter them—out of doors or in, above ground or down in the cellar. They require an even temperature of about fifty degrees, and this is thought by the most successful beekeepers to be best attained by cellar wintering. "Others prefer outdoor wintering, in which the bees are kept together in a so-called chaff hive, which has double walls, from four to eight inches apart, with the intervening space filled with chaff; or else the ordinary hives are surrounded by boards or a box, and the space between, which should be a foot wide, is filled with chaff and straw. In both cases the arrangements are such that the bees can fly whenever the weather is warm enough to induce flight."

Making honey from sugar has been successfully tried; fifteen pounds of white sugar being made into a syrup and fed to one of the experimenter's best stocks. The sugar was dissolved in little more than a pound of warm water. From a hole in the back part of the hive the bees entered into a tight box, and into this box the syrup was poured, covered by a thin board perforated with small holes, through which the bees could take up the syrup, and the board would settle down as the supply was exhausted. Over the box was placed a pane of glass, in order to watch the operations of the bees and know when they required more syrup.

At the beginning of the experiment the box on the top of the hive had one small comb, but it was empty. The sugar was dissolved as the bees needed it, and they took it up so fast that at the end of the twenty days the fifteen pounds had disappeared. There were twenty pounds of honey in place of it, and this was sold for one and twopence a pound. The sugar cost about half-a-crown, and the honey brought five-and-twenty shillings, the profit being all the result of bee labour in the short space of three weeks.

The speculator adds: "The honey was most excellent, and I believe no one could have told the difference between it and the wild flower honey. I shall try it again next autumn, and I will flavour the syrup with a little tea, which I shall make from white clover heads, and also add a little brandy, of which bees are very fond."

A lady could make her honey very attractive by putting it up in some novel and tasteful way, and a beautiful pink tint may be imparted to it by giving the bees a little cochineal. As an ornamental dish for the table, in a handsome glass receptacle, it is unsurpassed, and a wreath of clover blossoms and leaves around the edge would be both pretty and suggestive.

(To be Continued.)

## SIX CUPS OF COFFEE. PREPARED FOR THE PUBLIC PALATE.

—:O:—

AS PREPARED BY MARION HARLAND.

THE very best way to make coffee is to buy the raw berries and brown them yourself, at least once a week. Most printed directions for preparing the beverage insist upon these preliminaries as a *sine quâ non*. When the mistress cannot superintend the roasting it is seldom well done, the coffee being burned or unequally cooked. Therefore the average housewife, who has her hands full of "must-be-dones," reading that tolerable coffee cannot be had unless this rule be obeyed, makes up her mind to give her family a second-rate article. Should coffee be regarded as a daily necessity of existence by her and her household, she would do well to spare time from other occupations, if possible, to prepare it in the most approved manner.

To this end, purchase Java and Mocha in equal quantities; mix and roast them in a broad dripping-pan, shaking and stirring often, particularly when they begin to brown, turning the pan, end for end, several times during the operation. The berries should be evenly tinted to the shade we know as "coffee colour." Burnt grains must be thrown away. Lift the pan to a table, and stir into the hot coffee the beaten whites of two eggs for each pound and a dessertspoonful of fresh butter. This keeps in the aroma until the grinding lets it out. Do it quickly and faithfully, glazing every berry with the air-proof coating. When cool, shake the coffee in a sieve, that the berries may not stick together, and put it into a tight canister. Grind in a good mill—i.e., one that works well without rattling or "wobbling"—every morning as much as will be needed for the day.

This was our mothers' and grandmothers' way of preparing coffee grains for making the most popular beverage known to civilised peoples, and no domestic considered herself aggrieved if required to do it. Now, the good wife, who informs her cook that "we roast and grind our own coffee," will have trouble in the flesh. Bridget's impregnable belief is that "what is good enough for people that lives in finer houses nor yerself is plenty good for yez." It is not to be undermined by representations that ground coffee bought by the package has lost much of its original value with time, and is, furthermore, shamefully adulterated. What your richer neighbours use ought to satisfy you, especially when discontent with it entails worry and labour upon herself. I repeat it: if you must have irreproachable coffee, look to it in person.

Next to this process in excellence is the plan of purchasing, a pound at a time, freshly-ground coffee from a trustworthy grocer whose mill goes every day; or you may buy it freshly roasted in the grain from him in small quantities, putting a certain portion in the oven until warmed through, as you need it, and grinding it before it cools. This insures you against the admixture of foreign substances. The belief in the extensive adulteration of the ground coffee sold by the package at a low rate is founded upon a rock of fact. Sacks of beans and tons of chicory are bought without a scruple, and stored unblushingly in the warehouses of coffee and spice millers.

Make sure, then, to begin with, that your material is pure and lately ground. On the last point take notice that the coffee which is to be made into a drink by the percolation of steam or water should be ground more finely than when it is to be boiled.

Next see that the water is on what may be called "a fresh boil." It should not have simmered for hours at the side of the stove, until all the liveliness is spent, but stand in the hottest place, where it will come quickly and furiously to the boiling point; then be used at once.

The perfection of coffee, to my way of thinking, is made in the "Vienna coffee-pot." A tea-kettle of copper, brass, or plated silver, full of boiling water, is set over a spirit-lamp. Into it is fitted a tube attached to a glass receptacle for the finely-ground coffee, which is kept from entering the tube by a wire sieve. A tight stopper prevents the escape

through the kettle-spout of the steam generated by the lamp. It is thus forced upward through the tube and sieve into the dry coffee. The globe has a brass cover that keeps in the heat. The coffee is speedily saturated with vapour, and begins to heave and boil like the crater of a volcano. When the tossing mass fills the upper vessel, the stopper is withdrawn from the spout of the lower, and the surface slowly sinks to the original level. The stopper is replaced, and another boil begins. Three boils and as many drainings will leave in the kettle delicious black coffee, fragrant and clear. It can be made on the breakfast or dinner-table in five minutes, if the flame be strong and the water on the boil when set over it. Directions and measures for quantities of coffee and water accompany the pot.

Hardly second in merit to this method is the use of the French "biggin" or "grecque." A tin cylinder, furnished with two movable and one stationary strainers, is set on a coffee-pot. Dry, fine coffee goes into the upper vessel in the proportion of a half-pint cupful to a quart of boiling water poured on this, and left to filter through once, twice, or three times, as a moderately or very strong infusion is desired. The pot should be made hot by scalding before the cylinder is fitted on; then stand on the hot range or hearth while the liquid drips through the strainers. But this must not boil then or afterwards.

Persons accustomed to Vienna or French coffee do not relish that cooked in the old-fashioned style; but, as many still cling to the latter, it is well to know how to obtain the most satisfactory result offered by it.

Allow to each even cupful of ground coffee a quart of boiling water. Mix the coffee in a bowl with half a cupful of cold water and the white and shell of an egg; stir all well together before putting the mixture into the boiler. Add the boiling water, and let it boil fast ten minutes after it begins to bubble. Throw in one-third of a cupful of cold water to check ebullition; draw to one side, and let the decoction settle for three minutes before pouring it off gently from the grounds into the urn.

Send hot milk—cream, if you have it—to table with coffee. A teaspoonful of whipped cream, laid on the surface of each cupful, adds to the elegance of the beverage.

## TEA AND COFFEE IN ENGLAND.

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THE use of coffee appears to be rapidly declining in England, says the London *Spectator*. The reduction of the duty to three halfpence a pound has had no effect on consumption, and the commissioners of customs report that in the year ending March 31, 1886, some 314,000 pounds were consumed less than in the previous year. They attribute the decline to the comparative difficulty which the poor find in making coffee; but it is quite as likely that the true causes are the declining use of alcohol and the cheapness of tea and sugar. The bulk of the people prefer tea to coffee, whenever they are not deterred from the former by the price, the female vote, which counts in this instance for half, being all one way. If tea were ever to become really cheap—say sixpence a pound—nothing else would be drunk; and it would be drunk all day, cold as well as hot. The taste for it is becoming universal, and distinctly increases with the admixture of the Indian teas, which are rougher, and develop the special "teacy" flavour.

HOW SUGAR IS MADE WHITE.—The way in which sugar is made perfectly white, it is said, was found out in a curious way. A hen that had gone through a clay mud puddle went with her muddy feet into a sugar house. It was observed by some one that wherever the tracks were, the sugar was whitened. This led to some experiments. The result was, the wet clay came to be used in refining sugar. It is used in this way. The sugar is put into earthen jars, shaped as you see the sugar-loaves are. The large ends are upwards. The smaller ends have a hole in them. The jar is filled with sugar, the clay put over the top and kept wet. The moisture goes down through the sugar, and drops from the hold in the small end of the jar. This makes the sugar perfectly white.





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(Continued from page 283.)

OCTOBER.—This is the time to commence winter labours, especially in stiff soils. It is also the time to make any changes which may be projected in a garden. Holes are to be made for trees to be planted in, which should be done at the end of this month. Separate tufts of perennial plants, renew borders, and clip hedges.

Take in what fruit remains. Everything in the way of vegetables and seed to be kept through the winter should be removed to the greenhouse. Rustic trees should be lopped and pruned. Be careful to cover up plants which might suffer from the cold.

The evenings become long, and some time may be given to repairing mats and making new ones, to be ready for an emergency. This is the month to sow salads for the spring, either in the open or in layers. This may be done from the beginning to the twentieth. Lettuces should be sown at intervals of five days, in order to give the gardener time to prick them out, which usually takes place fifteen days after the sowing. Sowing should commence about the fourth, especially that of lettuces, and early cos-lettuces for the first layers on some well-prepared ground made in the form of a shelving bed, composed of prepared mould and horse dung. Over this place bell glasses. About the ninth or tenth, the operations should be commenced for the second season of layers and open ground sowing; the cos-lettuces are best suited to the open. From the twelfth to the twentieth sow all kinds of lettuces. We may here say, quoting Thomas Moore on Gardening, "that the lettuce *Lactuca sativa* is a very hardy annual, highly esteemed as a salad plant, while its milky juice forms the *lactucarium* of the *materia medica*. The London market-gardeners make preparation for the first main crop of cos-lettuces in the open ground early in August, a frame being set in a shallow hotbed, and the stimulus of heat not being required, this is allowed to subside until the first week in October, when the soil, consisting of leaf mould mixed with a little sand, is put on six or seven inches thick, so that the surface is within 4½ in. of the sashes. The best time for sowing is about the 11th of October. When the seed begins to germinate the sashes are drawn quite off in favourable weather during the day, and put on, but tilted, at night in wet weather. Very little watering is required, and the aim should be to keep the plants gently moving till the days begin to lengthen. In January a more active growth is encouraged, and in mild winters a considerable extent of the planting out is done, but in private gardens the preferable time would be February.

"For a winter supply by gentle forcing, the Hardy Hammersmith and brown Dutch cabbage lettuces, and the brown cos, and green Paris cos lettuces should be sown about the middle of August and in the beginning of September in rich light soil, the plants being pricked out three inches apart in a prepared bed as soon as the first two leaves are fully formed. About the middle of October the plants should be taken up carefully with balls attached to the roots, and should be placed in a mild hotbed of well-prepared dung (about 55) covered about one foot deep with a compost of sandy peat, leaf mould, and a little well decomposed manure. The cos and brown Dutch varieties should be planted about nine inches apart. They must have plenty of air when the weather permits, and be protected from frost."

Some of the best lettuces for general purposes are:—*Cos*: White Paris Cos, best for summer; Green Paris Cos, hardier than the white; Alpha Cos, stands well; Brown Cos, one of the hardiest and best for winter; Hicks Hardy White Cos; Sugar Loaf Bath Cos. *Cabbage*: Hammersmith Hardy Green, very hardy, good for winter; Tom Thumb; Crown Dutch, Neapolitan, best for summer; Grand Admiral, stands the winter well; Stanstead Park. The Gotte, or small early French cabbage lettuce, represented in this country by such sorts as the

Tennis-ball and Tom Thumb is very hardy and much grown around Paris, for the earliest crops under cloches or bell-glasses.

Fifteen days after each operation (referred to in October gardening) sloping beds must be prepared to receive three rows of bell-glasses placed angle ways. Bells are preferable to garden frames in this case, because it is essential that the plant should receive no air until it has received a certain development, otherwise it might be exposed to vermin and other infectious complaints. When the plants have their cotyledons (seed lobes) well developed, the plants are pulled up with precaution, and they are pricked out, the thumb being used by way of a dibble. The plant should be set deep. Sow in this month mache, or lamb-lettuce, chervil, leeks, carrots, the last radishes. Plant out York cabbages six inches apart; do the same by cauliflowers, either on a sloping bed or in frames if the weather is not favourable. Complete the planting of salads. All the ground on which these plantings are done must be covered by mould, as manure now produces too many worms, which are now very injurious. Watering should be moderate, except for cauliflowers which are forming to a head, celery, and the larger vegetables.

Now is the time to take in the last of the fruit, a very few excepted. This work requires great care and much practice, for in the harvest being properly made depends the keeping of the fruit. Fruit picked too late will not keep long, especially autumn fruit; fruit picked too soon crinkle up, and lose much of their good qualities. All grapes intended to be kept must be picked in fine weather. Still make holes for planting trees. The final work of this month is putting in new soil, turf, and putting at the bottom of trees any mud that has been exposed long to the air, such as street mud.

Much is to be done this month in the way of turning up the earth. This should be done before the frosts. The earth will be all the better in the spring. You should begin in this month, and continue till November, to turn manure in profusely. The best gardener is manure. Dig up and manure the borders and massifs, except where you intend putting bulbs and grafts. These spots should have been well manured the year before. Once all the autumn sowings over, cover the ground with fine mould. Shake up manure once or twice before putting it in the ground. Cowdung is the best for dry soil, horse for stiff and humid soils.

Sow early in the month annuals to go under glass in the winter. These plants will be a great resource for garnishing in spring better than if they had been sown in early spring.

Divide herbaceous peonies if the tufts are too strong; if you wish them to grow high cut off the shoots at the bottom. They soon take root in the open. Divide and replant annuals which flower in spring. As for those of summer and autumn, this operation is better performed in spring. Put in place rose mallows, sweet William, musk, scabious, &c.

Divide and replant sage, lavender pinks, statice (thrift), &c. Leaves now begin to fall in sufficiently large quantities to collect them; dry if possible, in order to cover over different plants which fear the cold. These leaves, too, are a great resource to cover frames; and when winter is no longer to be feared they are used to make spring layers, mixing them with new manure.

During the first fortnight in October continue the repotting process. Give supports to plants before putting them in the greenhouse without, however, at once putting them under glass. The frames should only be put in if the rains become too cold and abundant. All the plants of hot and temperate houses which are delicate should be covered immediately in order to avoid the too great humidity which might come in the greenhouse; still, they must have plenty of air and the watering be watched. Carefully examine the grafts made last month. Those which have taken should be separated from the others, and they should be allowed plenty of air.

During the second half of the month all plants should be taken in and allowed air according to the state of the temperature; watering should be less freely indulged in, and should take place in the middle of the day. If the nights are cold and damp no air should be allowed to enter the temperate greenhouse. Camellias will still want a great deal of water, as the flowering bud will not yet have formed. For orchids, only warm

the greenhouse early in the morning; it is unnecessary to give any more direct air, and the funnels should no longer be opened.

Many plants of different kinds will have yellow and faded leaves; this is a certain indication that they want to be put in a colder situation—say the difference be as 10 to 12. It is very essential, before changing the temperature, to allow the compost in which they have been grown to dry; it is a certainty that unless this precaution is taken they would lose the greater part of their roots, which the cold humidity would rot, which would be a sorry cause of delay when their vegetation resumed.

Other species in several instances begin to sprout; they must be repotted if necessary, and the watering be augmented according to the progress of vegetation. These plants should be placed in that part of the greenhouse where they can find the most light and the most heat.

Cut off all decayed plants in beds and borders, cut down the stems of flowering plants that have done blooming, remove weeds wherever they appear, and leave everything clean and tidy that they may require little else until the herbaceous plants and bulbs appear above ground in the spring.

NOVEMBER.—From the commencement of this month you should collect large quantities of manure and leaves to form shelters against cold. They should be carried where they are necessary, so as to avoid delay when the cold sets in. Fig trees should be covered up before the great frosts set in. All thin trees should be dug round, especially in dry soil, as well to render them penetrable by rain and snow as to destroy weeds. The borders and thickets of flowers and bushes should be dug around, irrespective of giving them another in the spring.

Remember that every day you protract any proposed alterations, or the making of additions, you run the risk of being foiled by the frost, for, when that once sets in, all work of any consequence is stopped until it has gone. Planting of deciduous trees or shrubs should be persevered in until it is all done. Evergreens may be planted out, but will take no harm for a while. All the trenching, digging, making paths and walks, and planting ornamental timber may go on with all reasonable speed, for one fine day lost is irrevocable, especially if unfavourable weather should set in. Wet is as bad as frost, and often does more mischief. Continue mat making.

The watering-pot may be put aside during this month, as well as sowing in the open. Still, some mache and chervil may be tried. The principal occupation is to prick out under bell glass, as we have previously indicated, all salad plants sown in the previous month. Plant out also hardy lettuces, which will admirably resist the winter if planted under the shelter of a wall.

Bury your celery to blanch it. Pull up the root celery, which keep in covered places against the frosts. Take up cardoons, and wrap them in straw to whiten them. Tie up with straw the last chicories and scarottes, for fear of their suffering from white frost. Commence to force green and white asparagus. Pull up carrots and other roots for the winter. Be careful to wash bell glasses a fortnight after they are put upon sloping beds. The plants will thus escape illness and have more light.

Begin to cut fruit trees which are old, feeble, and sick. Root up dead trees; dig up the soil and replace the old earth by good, new, and substantial mould. Fig trees should be carefully guarded. The fig (*Ficus Carica*) lives to a great age, and along the southern coast of England bears fruit abundantly as a standard; but in Scotland and many parts of England a south wall is indispensable for its successful cultivation out of doors. Fig trees are propagated by cuttings, which should be put into pots and placed in a gentle hotbed. They may be obtained more speedily from layers, which should consist of two or three year old shoots, and these, when rooted, will form plants ready to bear fruit the first or second year after planting. The best soil for a fig border is a friable loam, not too rich, but well drained; a chalky subsoil is congenial to the tree and to correct the tendency to luxuriansness of growth, the roots should be confined with spaces surrounded by a wall enclosing an area of about a square yard. The sandy soil of Argenteuil, near Paris, suits the fig remarkably well; but the best trees are those which grow in old quarries, where their roots are free from stagnant water,



and where they are sheltered from cold, while exposed to a very hot sun, which ripens the fruit perfectly. A fig succeeds well planted in a paved court against a building with a south aspect.

This is the time to pull up and replant all small trees that have lost their leaves, which you wish to plant out. All persons who have a large piece of ground should have a little reserve nursery. Put manure at the foot of trees and stir the earth around, taking care not to injure the roots. Use a pitchfork or hoe.

November is the advanced guard of winter; during this month the white frosts and fogs make the leaves fall. Collect these on a dry day if possible. Put them round frames and bells. Give all plants air on fine days. If the weather permits remove the panels from 9 or 10 and to 2 or 3 in the afternoon. The plants will thus be less etiolated, are more robust and better able to support the deprivation of air and light in the great frosts.

Sweep all paths and beds free of leaves. Remove weeds and moss. All the small sowings of the second half of September should now be in their proper places, under cover, early or in the middle of the month, according to the progress of vegetation.

As flowers decay in borders and beds, do not allow of large gaps, but be provided with dwarf evergreens in pots, with which to dress them; and this is very desirable where masses of annuals have been flowered and have gone off. Box edgings may be seen to at once. Repairs may likewise be made where the old edgings have become patchy or grown irregular as the case may be.

Turf may be laid to form lawns or verges while the weather continues mild. It cannot be done in frosty weather, neither should the roots (which are toward the outside of the turf, as they are rolled up for removal) be exposed to frost, nor too long to drying winds.

DECEMBER.—Finish up all that is left from the last month; cold is close at hand, and there is very little time to guard against the rigours of the season.

Put all manures ready to your hand, and scatter them so that the rain may spread the salts into the ground. When the frosts are to be feared everything under glass must be covered with matting as soon as the sun sets, taking them away at daybreak, unless the cold be excessive.

(To be Continued.)

## PICTURES IN THE FIRE.

—o:—

A VERY pretty picture the little girl made, dear, quiet little Betty, as she began in trembling tones,

Five little ones, and a dog and a cat,  
Around the nursery fire;  
Five pairs of eyes on the coals intent,  
As the flames rose higher and higher.

"I see a lion—and there's an engine  
With smoke coming out of the stack;"  
"Oh, look at that Indian! and see his club,  
That he's going to bring down kerthwack!"

"Why, that's not an Indian, Joe, don't you see?  
It's a boy playing shiny, like Bert  
Who lives over the street; he'd better watch  
out.

If he hits your lion—for then he'll get hurt."

"Right between those bars there's a deep, deep  
cave,

With a bear hidden way back in it—  
And if he comes out—he can eat us all up,  
Every one in about half a minute."

Just then the door opened, and in came the  
nurse,  
To get them ready for bed;  
She caught up the poker, and stirred the fire,  
And the pictures immediately fled.

The lion and Indian were killed in a trice,  
And the engine rolled over the bank;  
While the bear was shut up tight in his cave,  
Then into the ash-pan he sank.

Betty kept fast hold of her mother's dress  
with one hand, and Peggy Bates with the other,  
and so managed to go through the six verses  
without breaking down.



## PARROTS.

—o:—

(Continued from page 280.)

THE parakeet appears to be a civilised bird. It knows you, is familiar with you, and is rather proud of your admiration than not. She will make a fuss perhaps, retire to her hoop-swing and shout horribly, but she will look on while you admire. If she takes a longer flight it will only be to return as soon as you have left.

Sometimes the hen parakeet will appear sad, her feathers will be ruffled, she will have no strength, cannot fly far enough to perch; the cause is some difficulty about laying her eggs. Sudden chills may cause this accident. When this is the case the hen will come out of her nest about nine and twelve. A very little attention will warn the breeder. Too often the poor bird will remain in her nest, where she would perish on her eggs if not carefully visited.

The remedy is to take the bird in your hand, blow away the feathers, feel with your fingers, and you will find the egg will not come forth. Apply at once a drop or two of oil of sweet almonds, by means of a small roll of paper, to the place; then hold the suffering part over the steam of boiling water, keeping the head as clear as possible. If the parrot struggles, and the steam makes it suffer, remove it occasionally. After three or four minutes, lay the patient on something soft in a nest. Leave her here with some food for an hour or so, when you will find her sprightly. You will find the egg all right. Put them both back in the hatching nest, and all will go well.

Sometimes it is the male who is ill. In this case he generally dies.

"It was thus I found," says M. Leroy, the most successful amateur breeder in Europe, "one of my males lying in his eternal sleep, at the bottom of the hollow log where his mate was still sitting. He had come at the last moment to do what he could for his mate and offspring."

The fact is the stomach of the male is much tried during this period. Sometimes it has to work for both wife and children, and the food must be ready masticated.

In case of indisposition sweet warm tea is the only thing that does them any good.

Incubation lasts from seventeen to twenty days. The parakeet is born red, naked as a worm, and has no clothing but its mother's wing. The hatching takes place exactly in the ratio of the laying of the egg. The multiplicity of cries, a kind of baby cry, which escapes from the hollow of the clump, proclaims what all is well. Now it is that the male is busy. He comes, he goes, he eats eagerly, penetrates into the nest and feeds his family. The young grow so rapidly that the firstborn are quite big, while the last hatched is still small. The female now begins to take some rest, and goes out now and then to stretch herself and take the exercise which her prolonged sequestration has rendered necessary.

She always selects, however, for this escapade the moment when the little ones are all asleep, rolled up in a heap, the elder ones with feathers on the top. A new family often begins to come before the education of the first is finished. She now lays in another nest. This is why a duplicate nest is suggested.

"The male parent now becomes fagged. He at once undertakes to complete the education of the first brood while also seeing to the immediate wants of the new nest. At certain hours of the day, above all in the evening, the multiplied cries which issue from the interior of the willow and other hollow clumps will sufficiently indicate the presence of superabundant life in this dead wood.

"A month after the birth of a parakeet he, with all his feathers, begins to poke his head out of the hole in the willow tree or hollow trunk. He is hungry and asks for food; but instead of his having it given to him it is now promised; it is shown to him at the end of a

bill; it is offered by one who retreats. He must come out, but at first he hesitates. He puts his head as it were out of window, but, dazzled by the unknown, retreats. He looks down, up, round about, and appears to have a kind of vertigo.

"The parents now go to work. While the mother tries to attract him to come out, the mate goes inside the nest, and gently pushes behind. It is of no use, the little one only sticks all the faster. This sometimes lasts several days, when suddenly the fledgling, as you begin to be hopeless, having familiarised himself with the outer world, flies, and half frightened, half pleased, reaches the perch. He is very frightened.

"The parents now come up, one on each side, and begin to clean him from the nest stains and dirt. They trim his wings, and do everything to aid his flight. He begins to feel his feet, opens his wings, pecks at his feathers, and then has quite got over his timidity. In two or three days, he looks just like his parents, except that he has no yellow feathers on his bill, and his green is rather dull; and he eats alone.

"The young can now for a long time be left in the aviary with the old ones.

"But the males should be separated from their mates between the middle of September and October, as precocious coupling is injurious."

"Now," says Leroy, "I am writing for those who can, if they like, make a profit out of an amusement. I will give the results therefore of one experiment—

"Bought five pair, lost one pair. The result of breeding was fifty-four young ones, all of which came to maturity. This was my first experiment, and over paid all my expenses. My subsequent experiences were the same."

Other parrots than the parakeets require considerable care, but the same treatment is generally successful.

One thing to be noticed is that the little parakeet, of which Mr. Leroy speaks, the *perruche ondulée*, will admit of its nest being examined.

In the first place, all other parakeets must be reproduced in nests, where there is only a single pair. The *perruche ondulée* will alone breed in society. That several other birds have reproduced in the same aviary is possible, but very rare.

## PARROTS IN POETRY.

Mr. Phil Robinson, in his admirable work, "Poets' Birds," finds no quotation about parrots. He, however, remarks—"The parrot, 'an odious libel on the human voice,' affords with its other caged kindred, an easy butt for the poets, who industriously repeat after each other the jests about the 'horrid mimic' that 'fraught with antics' 'fine and gay, is kept to strut, look big, and talk away.' But why call Poll a jack-pudding. Had the poets only known that in the East the parrot is the bird of love, that Kamee, the Oriental Cupid, always rides on one, what pretty changes would have been rung upon this pretty theme? As it is, Prior no doubt thought it a bold flight of fancy when ringing Mira's parrot to say—

"The queen of beauty shall forsake the dove;  
Henceforth the parrot is the bird of love."

He did not know apparently that for some thousands of years the parrot had already been the bird for half the world.

Shakespeare, in "As you Like it," says—"that a man is, among other things, more clamorous than a parrot against rain." In the "Merchant of Venice," he says—

"Nature hath framed strange fellows in her time;  
Some that will evermore peep through their eyes  
And laugh, like parrots at a bagpiper."

## MACAWS.

The true macaws, whose classic appellation is *Macro ceras*, Ara being the Indian name, which is supposed to describe the ordinary note of the bird. The macaws are doubtless the most magnificent of the gorgeous parrot family. They come from the hottest regions of Brazil, Guinea, the West India Islands, and America, where they inhabit the skirts of the dense woods.

They occasionally attain to immense size, measuring as much as three feet from poll to tail top. This is, of course, an unusual size; however, two feet six inches might be set down



as a fair average. The macaws may be distinguished from any other of the tribe by the face being entirely bald, or at most furnished with a few sparse lines of feathers.

The great scarlet macaw is the largest of the tribe, and was once common in the West India islands, but is now extinct in those localities. South America is now the chief macaw depôt, and from thence they are imported to Europe. The greater part of its body is of a brilliant scarlet, the quill feathers blue, which colour also marks the lower part of its back and wings, while the tail is a wondrous blending of red and blue and brown, and violet and pink.

Mr. Wallace, in his travels on the Amazon and Rio Negro, tells us that the natives of the latter region wear head-dresses made from the shoulders of the red macaw. "The Indians," says he, "keep these noble birds in great open houses or cages, feeding with fowls, solely for the sake of their feathers, which are highly prized, not only from their being almost equal in beauty to a plume of white ostrich feathers, but from the birds themselves being rare."

The bird is seen to much better advantage if it is chained to an open perch; so secured, its plumage is less likely to be broken and injured than when confined in a cage. Still, this is a course which the disposition of the bird will not always allow. As a rule, it is cross, snappish, and spiteful, and should never be kept where there are little children. If reared from the nest it can be made a first-rate talker, but when grown up its natural horrid shriek is all it can contrive to utter.

In Brazil and Guinea the macaw is found as small as a pigeon. Its colour is green, and, being very fond of the coffee berry, is a tremendous pest to the coffee growers. It is easily tamed, is very jealous, and susceptible of kindness. The *Psittacasa* appears to be a link between the macaws and the parrots. Levaillant, the celebrated French traveller, says he heard one of this tribe say the Lord's Prayer in Dutch, lying on its back the while, and folding its feet in an attitude of prayer.

Parrots are very faithful. Most of them remain faithful to their mates, and never have more than one wife. When about seven months they choose a companion, from inclination and nothing will part them but death. The parakeet known as the Inseparable rarely survives its mate, and if it does not die refuses a new conjugal tie.

(To be Continued.)

## BOTANY FOR LADIES AND BEGINNERS.

(Continued from page 281.)

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### FIELDWORK.

WHEN the amateur botanist discovers a plant or number of plants of which he wishes to secure specimens he should first make a judicious selection. Flowering plants must, if possible, be collected, both in fruit and flower. Thrifty specimens should be preferred. If flowers cannot be obtained, well-matured buds are almost as good. A very well known botanist, remarking on the importance of the fruit, said that were he to start another herbarium he thought he might collect fruiting specimens by preference.

Beginners almost all collect their plants too young; they have a nervous dread they will not last. But these immature plants are not always illustrative. The character of the inflorescence and many other things may change as development proceeds. Hence, it is probably every one's experience that the first, and even the second, herbarium initiated is afterwards rejected as next to useless. A warning in time may then save disappointment and heartache.

A complete specimen is the entire plant with all its products; but it rarely happens, except with annuals, and not always with these, that so perfect a specimen can be preserved. The collector should try to get as many of the parts as possible. Many plants, as *Solanums*, are much eaten by insects. In such cases the least injured plants should be chosen, and leaves with margin and apex entire. In arranging specimens, two things not always compatible must be harmonised—viz., to have the specimens large

enough to show, as far as possible, the habit of the plant, and yet not so large that they cannot well be pressed. Besides the attached flowers, loose ones should be thrown into the specimen sheet and preserved, especially if the flowers are few and single.

In making a herbarium of ferns it is just as important to preserve the rootstock, or portions of it, as the frond, and collectors ought never to forget this. With tree ferns a section of the caudex, or trunk, adds very greatly to the value of the specimen.

Again, we must be careful with herbaceous plants to secure the roots, root-stocks, tubers, or bulbs. These are often characteristic, and from them we learn the duration of the plant. If large and cumbersome they can be pared down, or even scooped out, so as to press into pretty good shape. If, however, they continue obdurate, then one must keep them with labels attached, referring to similar labels on the plants themselves. They can be put away in drawers for future reference. Fruit and flowers can generally be found together, if one is not too impatient. If the flowers only present themselves, wait some days or even weeks, and collect again. But if doubt exist in the mind as to the prevalence of the specimen or the probability of again seeing it, by all means gather it at once. It will never do to trust to memory or good intentions. Often is a valuable specimen lost because it is supposed a better one can be found farther on.

As to the two conditions, it may require several seasons to secure them. With some trees like the oaks, the leaves of the young shoots differ materially from those of the mature branches, and should be secured. It is well to ascertain in early spring wherein our former specimens are incomplete, and then attempt to secure their complement. As many plants differ in height and vigour, according to situation and environment, a suite should be obtained illustrating the variations.

Collect the normal as well as the unusual forms of plants. Sometimes a botanist is so much impressed with the unusual condition that he utterly fails to collect the common, and hence the abnormality may come to be considered the prevailing form, because most abundant in the collection. In the case of willows—a very difficult order—the two kinds of flowers are borne on different shrubs or trees, often a long distance apart. Not unfrequently the catkins (a deciduous spike, the flower of the willow, hazel, &c., are called by this name) precede the leaves, and hence collections must be made at several seasons, and labels attached to the trees by which they can be known again and compared. Such labels had best be fastened by wires to twigs and branches, as string is apt to be appropriated by birds. The labels can be made of sheet-tin or wood. Care should be taken to secure presentable specimens, and such as fully illustrate the characteristics of the plant. If it has radical leaves, for instance, differing, as is prooable, from those of the stem, and the plant is too large to press entire, obtain portions showing both. Such leaves as the season advances are, as in the case of some asters, liable to wither, and hence should be collected in advance of the flowers, which may be subsequently gathered.

One plant may have branches, leafy only at the top. It may then will be useless to dry a long branch; another may have branches two or three feet long, equally clothed with leaves its entire length. In the latter case the top having equally good flowers is to be preferred as less bulky. Branches may sometimes be split to advantage, or even quartered where they have close, short stout divaricate branchlets; but care and judgment are necessary to spare on each part so many leaves and branchlets as to show their arrangement. If the specimens be stout, but not easily fissile, they can often be thinned down on one side, or if densely clothed with leaves, a part may be clipped off leaving the base of the petioles, or stalk of the leaf on the branch.

In this connection it is well to say, "professional" botanists are often greatly annoyed by having amateurs sending them little fragments of specimens to name. Though a good botanist can often identify a worthless fragment, it is, at the best, discourteous to ask him to do so. His time is usually too valuable to himself to be spent in guessing riddles. Send

him good and full specimens to name, or none at all.

Those who have the care of museums or herbaria are certainly annoyed also by the presentation, kindly meant, of odds and ends which are not only of no earthly value, but which actually become an encumbrance. Hence an intelligent appreciation of what is really needful or acceptable is of the greatest importance.

Certain plants, like grasses or sedges, which are rigid and unmanageable, may be pinched so as to remain in place, or else slipped through bits of stiff paper. In collecting they should be tied loosely together by one of their own leaves, so that they may not be spread or even fall out of the portfolio. They may be bent several times so as to go on the sheet.

Common sense and experience can alone inform us what should be retained. With most herbs it is advisable to secure the whole plant; with shrubs and trees, a small branch in flower or fruit, or both, is sufficient, because trees or shrubs, being aggregations of individuals of like character, the branches represent the whole specimen. If the wood or bark be considered necessary, keep specimens of these labelled, in boxes or drawers; also with nuts and certain hard or coarse fruits which cannot be pressed. Pine cones, if not very large, may be dried attached to the branch, but they should be put near the edge of the paper, the leaves lying inwards. When collecting herbs shake out all earth and sand from the roots, or if convenient wash them thoroughly. Let nothing be done in a slovenly way, as a man soon becomes known by his exchanges; and if his plants are poor, he is subjected to much unpleasant, though perhaps profitable criticism.

A field table should always be used indicating the locality, habit, colour, and any other information which the memory cannot be trusted to retain. Of course we are presuming that the amateur has a certain amount of leisure, but a good deal can be done on high days and holidays.

The collector should let nothing escape him. No plant is too small or mean to study. Indeed, the most minute are often the most interesting.

### HOW TO USE THE PORTFOLIO.

The botanist about to go on an excursion will take paper sufficient for the probable quantity of plants to be collected. He should never quite fill his portfolio, for then there will be no room for plants. To economise his specimen paper, the greater part of what he takes into the fields or woods may consist of old newspapers, to be thrown away when torn or much wetted, provided he retains a few sheets into which to put plants which will not bear removal, as large-flowered plants. Such a plant must be put carefully within a sheet of paper in its natural position and never removed until dry; but the greater number of plants may be laid in, one beside the other, or even one on another, between single layers of paper to be better arranged on returning home.

Having determined on the plant he desires to preserve, the collector opens his portfolio, spreads a specimen sheet or folio of thin paper, and lays on this the plant or plants, say as many specimens as will lie there without overlapping, taking care to display them neatly. It is sometimes easier to spread out the leaves and remove the creases after a temporary pressure has been applied, but it does not do to wait so long that the parts become dry and rigid; in many cases thin parts may be laid one on another if not adhesive. A plant is considered poorly prepared that has many overlapping and creased leaves.

The plant placed in its special fold of paper, should now have one or more driers put above and below it. These are made by stitching together sheets of blotting-paper cut to a uniform size. Or, better yet, one can use the driers sold for this special purpose, and made of heavy felt-like paper, such as is sometimes put under carpets. Blotting-paper is very excellent for the purpose, but more expensive; even newspaper is not to be despised. The sole object is to have a medium which will quickly absorb moisture and as readily part with it again.

The plant should remain in the specimen sheet until perfectly dry. Of such plants as



dry quickly and are quite delicate, many specimens may be dried within a single whole sheet in the following manner, and much handling be thereby avoided. Open the sheet as before, and after covering one side lay over the plants a half sheet and cover this in like manner, and a third or fourth, perhaps, using judgment not to put within one sheet more than will dry well. Mosses and foliaceous lichens may be safely arranged thus in almost any quantity, and all changed in a single movement. It is quite unnecessary, except in certain cases, to remove or disturb in the slightest degree the specimens while drying. Having thus arranged all the plants collected, place a drier or two in one of the press boards, and then a paper of specimens on the drier; then another drier or two, then another paper of plants, and so on alternately until all are arranged. The thinner and more delicate plants are better put all together, and those with stouter stems or large fruits by themselves, that these last may not produce impressions, grooves, or wrinkles in the former. Any attempt to transfer the majority of plants will result in the curling of leaves or flowers beyond future re-arrangement.

It is best when you have a field day only to take a good quantity of specimen sheets and newspapers, and only a few of the heavier driers. This saves weight, and it is found that many driers are not needed when the plants are, upon reaching home, to be immediately transferred to the press. A few are required for maintaining the level and firmness of the heap, and the same end is attained by placing the plants first on one side then on the other, so that the pile may not bulge in the middle. This direction applies equally to the ultimate process of pressing. Woody stems and coarse roots are likely to produce an uneven heap, which may be remedied in parts by wads of paper interposed here and there. Select the specimen in reference to the size of the herbarium sheet upon which it is ultimately to be mounted. A field label is deposited with such plants, upon which is written the name, if known, the date, and the place of collection; or a ticket may be used with a number referring to the note-book, where all necessary information should be duly entered, and afterwards referred to a permanent label.

(To be Continued.)

## HEALTHY AND COMFORTABLE HOMES.

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(Continued from page 277.)

OIL paintings are handsomer and more valuable than any other kind of pictures; but fine oil paintings can only be secured at a price that places them quite beyond the reach of the majority. The force of their colour is always greater than that which can be attained by other "vehicles," and will, therefore, in juxtaposition with water-colour drawings, make the latter look poor and feeble in effect.

Should the parlour pictures consist, as they frequently do, of one or two oil paintings and several water-colours, the oil paintings may be given a wall to themselves and the others placed at some little distance, which will prevent their being overshadowed by their grander companions.

Paintings in water-colours, some of which are expensive enough, may often be found at moderate prices by those who understand buying such things; and, as a rule, they are better suited to moderate rooms than more pretentious pictures in oil. Coloured pictures are bright and cheerful looking, and their moderate use is very effective in a quiet parlour. Steel engravings, on the other hand, are somewhat depressing from their sombre tone, and require the neighbourhood of warm hues in walls and hangings to be thoroughly pleasing.

Engravings and photographs of the works of the old masters or of any paintings that educate the eye are always desirable, and the low price at which really fine works of art may be purchased brings them within the reach of nearly all who care for such things.

The latter class of pictures look even worse side by side with water-colour sketches than do the water-colours with oil paintings, "the print

looking cold and harsh beside the water-colour sketch, and the sketch seeming unreal and gaudy by the side of the photograph." It is also advised never to hang glazed drawings when it can be avoided opposite a window. "The sheen of the glass reflects the daylight, annihilates the effect of the picture behind it."

The frame of a picture should always be subservient to the picture itself, and, except in the case of oil paintings, it is better to have it of noticeable plainness. It should be substantial, but not wider than is absolutely necessary for a look of strength, a slight frame around a heavy picture being particularly objectionable. A walnut frame with straight lines and a little gilding in the middle of each of the sides, or one of ebonised wood treated in the same way, has an appearance of quiet elegance, and very suitable frames for engravings and photographs can be made of common pine, painted or covered with velvet.

Steel engravings and water-colours cannot, like oil paintings, be framed with the frame close to the picture, and a space of white paper usually intervenes, which commonly makes an ugly and inharmonious spot on the wall. This can be avoided by first having the picture mounted in a *passe-partout*, with a mat of grey or some neutral tint, and then placed in a frame. The required space around the picture is thus secured, while the objectionable expanse of white is avoided.

On the hanging of pictures we are told that "to see them with anything like comfort or attention they should be disposed in one row only, and that opposite the eye, or, on an average, about five feet six inches from the floor to the centre of the canvas. A row thus formed will make a sort of coloured zone around the room; and though the frames themselves may vary in shape and dimensions, they can generally be grouped with something like symmetry of position, the larger ones being kept in the centre and the smaller ones being ranged on either side in corresponding places along the line." The cords used to suspend them should match the general colouring of the room; wires, which have been so much in fashion, give an uncertain look to pictures, as though they had no visible means of support.

Marble-topped tables have very justly been stigmatised as parlour tombstones; and the simplest cover is preferable to one of those cold, polished surfaces. A crimson table-cover gives a warm, bright look to a room; and the effect is heightened by making it long enough to touch the carpet. What a rich, warmly-tinted picture is made by the

"Cloth of woven crimson, gold, and jet,"

which Porphyro threw upon the table set under the spell of St. Agnes's Eve! and how glowing and natural the finishing touches—

"The lustrous salvers in the moonlight gleam;  
Broad golden fringe up on the carpet lies!"

Parlour tables are of various shapes and sizes, and, whatever may be said to the contrary by those who condemn centre tables, a goodly sized round table with a crimson cover on it, and on that a handsome lamp emitting a soft, steady light, and two or three new books and magazines, looks cosy and delightful, and as though the room was really lived in and enjoyed. A small upper cover—being, in fact, a square formed of small squares of white linen and drawn work alternately—saves the crimson cover as well as the eyes, and can be laundered as often as necessary.

Small corner tables with fancy covers are useful for five o'clock tea, and where this is not indulged in, for a great many other purposes, besides being exceedingly pretty and "helping to furnish." Very cheap ones can be bought, made of walnut or of ebonised wood, and apparently well made; these, with the tops covered and fringed, are quite unexceptionable. Felt, velvet, canvas, satin, are all used for this purpose, and embroidered as fancy dictates.

Brackets, pictures, knick-knacks, give a home look to a room; but with abundant means there is such a tendency to overload in these matters that some are disposed to resort to the opposite extreme of bareness. There is sound sense in the warning, "The parlour, drawing-room, or whatever it may be called, will permit of only greater variety, not any greater splendour, in its plenishing; little knick-knacks, if curious and beautiful, may be strewed here and there,

and a richly wrought armoire or cabinet, perhaps a gem of an inlaid table, may show that the wealth is not absent that might fill the room with costly furniture, only the restraining good taste is in equal plenty."

Some who read these pages may say that "It is easy enough to make a parlour attractive when everything is new and there is a certain amount of money to spend; but what are you to do with old things that need reconstructing, with little or no money, in a room that seems destitute of the first principles of beauty?" Much can be done, with some amount of taste, even under these discouragements; and "if the furniture is old, coverings of soft-toned chintz, of unbleached cotton cloth trimmed at brief intervals with stripes of plain-coloured calicoes, will renew it and brighten the effect past belief. Little brackets, even home-made, but hung so that the rude manufacture is concealed with pretty fancy-work; simple ornaments, of no priceless material, but of some perfect outline; a vase, a candlestick, a Pompeian lamp, books in abundance, and flowers—all these, arranged with care and purpose, make up the cheerful, lovely aspect of a room, till it is as much a pleasure to go into it as if one should see the picture of some charming interior all at once take reality upon itself and surround us in still life with all the charm of art."

A common-looking house, scarcely more than a "flat," was the abode of a woman of genius; but it was over a store, and had a mean entrance and a particularly dingy front passage. The stairs, however, which seemed the beginning of the enchanted domain, were softly carpeted with crimson; there was a landing with a window in it, and that was filled with rosy stained glass, that probably shut out unwelcome sights beyond. The whole front of the building was in one fairly-sized room, with three windows in it, and into this we were ushered.

The windows were heavily draped, and the room was very much shaded in consequence; but who wanted to gaze on bricks and mortar or have the glaring city sunshine taking the poetry out of everything? The curtains were of white lace over crimson damask, and the walls were covered from base to ceiling with worsted stuff of a dark wine colour, laid in plaits. This displayed the pictures and statuary, of which there was a prodigal supply, to the best possible advantage, and formed a background from which every ornamental object in the room seemed to stand out distinctly. There was a table covered with flowers in various receptacles, but the flowers were all wild daisies—the uncared-for products of the neighbouring fields—of a size and lustre, however, which we never saw equalled before. Some of these daisy bouquets were edged with ferns, some with sprays of ivy, while a long open-work basket of silver wire held the snowy blossoms alone, so arranged that they seemed to have overrun the top, and to be struggling through the sides.

There were seats in the room of some kind, for we sat down; but on what we could not tell; we remembered only the draperies, carpet, and flowers, the pictures, and those still, exquisite figures in white marble, the work of our hostess. There are not many such rooms.

### THE LIBRARY.

As soon as we have collected books enough to be in the way elsewhere, and have any closet to hold them, we line that little place with shelves, and call it the "library;" and are then rather ashamed of ourselves, as if we were making a pretension and the whole thing were an affectation, and feel inclined to call it the study instead, the school-room, the office. Yet a library is almost as essential to every house where there is culture as a parlour is, and if there is neither room nor means sufficient for a large one, there is no reason for going without because a small one is all there is to be had. The small room that can be so appropriated frequently opens into the parlour, as is the case when the house is an English basement and the parlour does not go across the entire front. This tiny apartment is really more useful for breaking the line of the larger one, and preventing its entire resources from being taken in at a glance, which is always an advantage, than from any special purpose of its own. Still, the books may be placed here, and the general character of a library given. A corner may be found



for a lady's escritoire and at least one comfortable chair, so that it will be a retreat for letter writing and a quiet hour of reading. But it will not satisfy the genuine lover of books and intimate friend of the pen.

Sterness and dignity are the general characteristics of library furnishings, the brightness of such an apartment being supposed to depend on the open, glowing fire of winter and a lovely window view in summer. Rich dark woods, such as walnut, with mouldings of ebony, seem more appropriate for this room, and dull green and brown are the popular colours for furniture and wall coverings. Massive chairs and tables are also in order, with a lounge that does not particularly invite repose.

One feels, in glancing at the contents of the bookshelves, that here at least one is in high company, amid the oppressive silence—let into the very inner chambers, as it were, of minds that have, in a greater or lesser degree, swayed the world—minds of poets, and kings, and statesmen, of those who go down to the sea in ships, and travel to the far ends of the earth in quest of its treasures of wisdom or wealth—and who within the limits of these four walls appear to talk familiarly with us, and tell us of all that they have thought and seen. "One remembers the dignity of one's guests here, and one makes it a fit place for their reception. It is in this view, as well as in the proprieties of the surroundings of abstracted thought and studious occupation, that the library should be 'in sober livery clad.'"

Influences of this nature, with a vivid recollection of the practical aspect of the school-room, have evidently instigated the fitting up of most libraries, which may be admirable cradles for heavy prose, but which would scarcely suggest poetic thought, or a flight into the realm of light fiction.

(To be Continued.)

## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

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#### MOTHS IN CARPETS.

DIRECTIONS for destroying moths, or protecting carpets as well as clothing from these incorrigible marauders, are innumerable, and many very useful; but in this, as in every household duty, eternal vigilance is an absolute necessity, if one would subdue this small but by no means insignificant foe.

Heavy carpets need not be lifted oftener than every second year, and some may safely remain down three years if the moths will keep the peace, and if the indomitable perseverance of the mistress can keep them in subjection. But if they have so far conquered as to have secured a lodgment in the house, it is not safe to leave a carpet on the floor even one year. Until sure that the house is freed from this pest, it may become indispensable, however disheartening, to take up the carpets spring and autumn. Until the battle is fought, and the victory surely won, this extra labour is the only reliable method of protecting carpets and furniture.

After the house has been well cleaned, both spring and autumn, and every carpet shaken and cleaned, if any moths have found a harbour beyond reach or observation, very few weeks will pass by before the moth will be seen flying about in every room on his mischievous errand; and if not at once hunted, and their bank deposits found and overhauled, their destructive work is soon accomplished. The favourite resort of the carpet moth is about the bendings and corners of the carpet. If ingrained or three-ply, the evil may be overcome by wringing a cloth out of hot water, laying over the bendings and edges, and ironing with a very hot iron—as hot as can be used without scorching. Hold the iron on until the cloth is dry; then move on. Have several irons over the fire at the same time. Re-wet the cloth, and change the iron as rapidly as one becomes dry and the other cold, until all the edges and corners have

been steamed and ironed. This will destroy both the egg and the young moth more effectually than anything we know, and after a few such operations these troublesome things will disappear.

But this process will not prove so effectual with the heavy forms of carpets. The heat will not penetrate through the thick material sufficiently to destroy the insect, and ironing is injurious to heavy-fleeced carpets. But much may be done, and time and hard labour saved, by occasionally drawing the tacks, so that the edges may be laid over far enough to observe if any moths are sheltered underneath. Of course only one side, and but a part of that, should be turned up at a time—only far enough to steam and iron the edges on the *wrong* side. That will not injure the carpet.

We have been successful in our wars with the moths by following these directions, and then wiping the floor as far under as we could reach with a cloth wrung out of strong and hot cayenne tea, leaving the carpet turned back long enough to dry the floor. Before re-nailing the carpet wring a clean cloth quite dry out of this hot pepper tea, and wipe the bending and edge of the carpet with it, rubbing hard.

It is said, by good authority, that after wiping up the floor, if salt is sprinkled on it while damp, moths will not try that harbour again. When making a carpet it is recommended that enough be allowed to fold under an inch or two, so that when it is put down salt can be spread between the folds, and also sprinkle salt all around the sides and corners of the room before nailing the carpet. We ourselves have never tried this, but have several good authorities who endorse it, and promise that moths will not injure carpets if this advice is followed. But is there not danger that the salt, which is so easily affected by damp weather, will injure the carpet as much as the moths?

Small pieces of cotton balling, dipped in turpentine and put under the edges of the carpet, have been successfully used; but we quite incline to the salt remedy. It is worthy of a fair trial, and, perhaps, can do no harm. Another writer says: "On reflection we do not feel satisfied with the salt remedy. Salt becomes damp with the changes of the atmosphere, and, we think, will make the edges of the carpet damp, and in time mouldy, and in the end be almost as harmful as the moths themselves. We feel surer of the red pepper, or Persian powder, while camphor is an excellent remedy."

#### POOR MATERIALS SKILFULLY PREPARED.

Those who are able to procure the best of everything for their families of course consider that a good cook is an indispensable provision; but how few give one thought to the manner in which the very poor, and those who feel the necessity for the closest economy, prepare their food. Because the poor are obliged to be content with inferior articles, they are not apt to be at any trouble about preparing it with care. It is thrown together hastily, cooked with no attempt to season it, and eaten without relish, simply as something that must be done to keep body and soul together, and the quicker it is out of the way the better. And yet how many articles of inferior quality can, by skill and knowledge combined, be prepared so as not only to afford a large amount of nourishment, but also be so improved and transformed that the most fastidious will find no just cause of complaint.

There is no article of food that can be prepared in so many different ways, and be so improved by skill, as beef; and of all its various portions the steak can be most benefited by a good cook, or ruined by a poor one. Doubtless the very best cuts—rump and the undercut of the sirloin—will always be selected by an accomplished caterer, if the choice is in no degree hampered by economical considerations. But while the time are so out of joint, and are so hard and grinding for those who only find precarious work and scanty pay, it would be the height of folly for any but the prosperous to make such selections. They must not look for delicacies, but for as substantial and nourishing food as they can get for the lowest price. Yet if the poorest and simplest food is prepared with neatness and care, it will be found in most cases that many less appetising dishes are placed on the tables of the rich than could

be made out of cheap, meagre-looking pieces of meat.

This is one reason we urge that our girls should all be taught the science of cookery. By giving some thought early to this subject, by making careful experiments under a mother's experienced hand, the young may be prepared to put the skill thus laid up to a most happy practical use.

Every day shows us how often those who were born to great wealth, and never knew any care, are rudely shaken from their position, and sink lower and lower till they are thankful to find the poorest abode and scantiest fare. Now, then, comes the time when they can practise in earnest experiments, begun for pleasure, but with no thought that they could ever be the means of greatest comfort.

A piece of beef, cut from the round, the second round, the rump, down to the very poorest parts from which a piece can be taken, may be brought into the shape of a steak (the trimmings, however small, may be put into stews, hashes, or soups), and by a few skillful garnishes, costing nothing, may be made to look quite tempting, and be often more palatable than that for which "the gentleman across the way" paid the highest figure.

In most directions it is forbidden in the most emphatic manner to pound a steak with any force that may break the fibre or tissue of the meat, because, it is claimed, that by so doing the best juices are lost as soon as it comes in contact with the coals. But with proper care this need not be. The steak should be the very last thing cooked before serving the meal. Put into the platter which is to receive it half the butter to be used, or, if that is too expensive, clarified drippings, sifting over it half a tablespoonful of flour; set the platter where it will get hot; the plates also should be set to warm. Put the gridiron on the back part of the stove to heat. Have all vegetables cooked, dished, and put where they will keep hot.

This done, rub the gridiron with butter or drippings, have the fire hot and clear; trim the meat as near the shape of a first-class steak as is consistent, and chop it lightly with the chopping-knife all over both sides, but not clear through. Place on the gridiron instantly, and over the coals, and dust on a little pepper. Double wire gridirons, united at the back by a hinge and with a clasp to hold the two handles together, are the best as well as the cheapest, because the meat can be turned with the gridiron without taking it off. The moment a blaze reaches up over the meat turn the iron over, and in turning raise it up over the hottest part of the fire long enough for the blaze to subside. In this way the meat is kept from scorching or any taste of smoke, which so often spoils the best steaks. After turning over twice until both sides are so seared that the juices cannot escape, sprinkle with salt and a little more pepper while over the fire on the third turning.

Five minutes' careful watching and turning will cook a steak rare, if the fire is right, and eight minutes will furnish a well done steak, both as tender and fine-flavoured as rumpsteak. Chopping the meat makes it tender; the quick, sharp fire, which, nevertheless, is not allowed to burn or scorch, singes or closes the outside fibres or cells, and thus prevents the loss of juice, if not allowed to remain on too long without turning.

This is but one instance; but with all kinds of meat skill and thoughtful care have a wonderful transforming power. This is, in a great measure, true of poultry. When turkeys and chickens are too old and tough for common use they are often sold very cheap, and it is usually thought that the only possible way by which they can be eaten is to boil them very tender. But that done, what nourishment can be found in the flesh from which all the juices have been extracted? The liquor in which it has been boiled is useful for soup; the flesh, if eaten, can only serve to fill the aching void, but can give no nourishment.

After the bird is nicely cleaned, well washed, and left to drain and mellow for a day or two, rub salt and pepper inside, and prepare a stuffing to suit the taste or pocket. Then put it into a tall stone pot, cover tight, and set it in a large boiler in which there is enough boiling water to come all round the inside jar, but not to flow over it, as it must be kept free from



any liquid but its own juices. When it has been cooking about fifteen minutes, so as to be heated through, and the pores of the skin open to receive the seasoning, remove the cover long enough to sprinkle what salt and pepper will be needed, then cover up quickly and quite tight.

If more convenient, the bird can be put into a closely-covered dish and steamed, or into the oven, so that no water comes near it, and the cover fits so tight that no steam escapes. It comes to nearly the same thing in the end, and after two or three hours—judging of the time by size and age it will be found delicious, a mass of jelly, but with all the juices saved. Very many comparatively poor pieces of meat and poor poultry can be thus prepared and made very good and nourishing, because none of the juices are lost.

(To be continued.)

## THE HOLES IN THE BREAD.

—:O:—

How many of the readers of the COOK AND HOUSEKEEPER who weekly fill their measure from the yeast jug in the cellar understand the nature of the mixture which is to give sweetness and lightness to their bread, and how many of them but would make better bread if they but comprehended the action of the yeast plant as it is incorporated into the flour? For yeast is a plant, capable under proper circumstances of rapid development and multiplication, and serving, by reason of its peculiar qualities, an important part in the functions of daily household life.

It is now a little more than two hundred years ago since Leeuwenhoek, a Dutch naturalist, by microscopic investigations made the first discoveries in regard to it. From his original observations, verified and improved upon by others, it is known that yeast is a living mass, consisting of aggregations of very minute, round cells. These cells are developed by budding—that is, under favourable conditions similar cell-like bodies are formed from the parent cells, growing from their sides, and attached to them by pedicles, which, upon attaining sufficient size, slip from the main stem and go on propagating in like manner. The largest of these is only something like 1/4000 of an inch in diameter, and when examined under a microscope is seen to consist of a thin sac, filled with a fluid in the midst of which floats a small clear space called the vacuole. Sometimes the method of propagation is this: the fluid alluded to separates into four parts, each surrounding itself with a sac of its own, when it bursts through the parent sac and liberates itself.

As the yeast is added to the flour and water in the process of bread-making and subjected to a warm temperature it seizes upon the saccharine element in the flour as its natural food, and rapidly multiplies the number of its gemmules, one branching off from another much like a chain or net of what resembles loose single crochet as much as anything, if we may be allowed a woman's illustration.

Flour contains, in one hundred parts, seventy-two parts of starch, seven and three-tenths parts of gluten, five and four-tenths parts of sugar, and twelve parts of water, with further proportions of gum, phosphates of lime and magnesia, alkaline sulphates, and a little chloride of sodium.

The yeast, in appropriating to itself what it can feed upon, breaks up the flour and water into simpler chemical compounds, and rejects whatever is not congenial. The uncongenial constituents which remain are the carbonic acid gas and alcohol, the former of which, scattered through the dough in small gaseous bubbles, and held by the gluten of the flour, causes an expansion, or, in familiar parlance, the dough to rise; the alcohol escapes through the dough by evaporation, and is the cause of the strong odour which bread often gives forth. This alcoholic product is valuable to the brewer and to the distiller.

Baking the dough converts the starch upon the outside of the loaf into dextrine and hardens it into a brownish, brittle crust; the gluten is subjected to the same change, and the starchy portion is expanded, fused, and hydrated, solidi-

fying a certain proportion of the water with which the flour was mixed.

If the loaf is weighed when baked it will be found to weigh more than the flour of which it was made, due to the uniting of the starch with the water during the process of baking. One pound of flour will make a loaf weighing one and one-fourth pounds when baked. A barrel of flour weighing 196 pounds will make, therefore, 245 pounds of bread. The dough is rendered more spongy by the action of the yeast, and is thereby more easily acted upon by the gastric juice and digested.

There are two kinds of yeast recognised by chemists—the results of investigations made by Mitscherlich—the *obor-hefe*, or surface yeast, and the *unter-hefe*, or sediment yeast, according to the nature of its deposit in the fermenting fluid. In their chemical aspects the two are similar and easily convertible into each other.

Nothing more marks the progress in the world's cuisine than the difference which exists between ancient and modern bread-making. It is interesting to note the change. The earliest mode was to soak the grain in water, and to dry it by natural or artificial heat after having subjected it to pressure. The next advance was to pound or bray the grain in a mortar or between stones. Hence the word bread (*brayed*).—The oat-cakes of Scotland are prepared of the grain which has been ground somewhat more thoroughly, and mixed with salt and water, kneaded and rolled out thin, and cooked before a good fire, or an iron griddle hung above the fire. Scones and the peas meal bannocks are made in the same way. The Passover cakes of the Israelites were similarly prepared. The southern hoe-cake does not differ substantially from the same varieties, which are all called unleavened, as no leaven is used in their make. Leaven is literally a lever, applied internally to raise the bread. The derivation of this word is no more interesting than that of a thousand other words in daily use, so familiar to us that we rarely think to inquire their original meaning. Leaven was first used by the Egyptians, presumably in the time of Moses, from whom it spread to the Greeks, then to the Romans, and from them to all parts of the world. This leaven consists of flour stirred with water, which is kept in a warm place until fermentation has commenced. This mode of raising bread is still much in vogue in those parts of Europe where yeast is not easily obtained.

Bread made out of wheat flour is the most nutritious of all breads, but that made from rye is nearly as much so. Wheat flour makes the spongiest or lightest bread, because its gluten holds the carbonic acid gas formed in it, and the dough is expanded more fully, while the meal of other grains forms a more granular and less tenacious dough, through which the bubbles more easily find their way, and less perfectly lift the dough.

The practical way of ending an article on bread, to be published by a periodical which makes good housekeeping its aim, would be to append a recipe for the same; but this I reserve for a future issue.

## "THE VANGUARD" TEAS.

—:O:—

MESSRS. GILBERT HEATHCOTE AND Co., 165, Fleet-street, E.C., have sent us samples of these teas. The 1s. 8d. quality we consider quite good enough for ordinary use, and well worth the money asked for it. The Lapsang Sou-chong, however, at 2s., merits a good deal more praise. Many teas at 2s. 6d. per pound are not equal to it. Since sampling it we have repeatedly purchased some, and can safely advise our readers to go and do likewise.

It is said that a woman began the manufacture of sewing thread in England in 1722, and it would seem proper that the idea should have first come from that sex through whose hands nine-tenths of the thread passes that is used. Paisley has the honour of being the first town that embarked in the business. It was called "Nun's thread," was made of flax, and so rapidly increased in popularity that it was not long before it became an important branch of manufacture.

## THE QUESTION OF THE HOUR.

—:O:—

TO THE EDITOR OF "THE COOK AND HOUSEKEEPER."

I HAVE often felt moved to send you a word on the servant maid question. The subject is vast. It seems to me that a perfect mistress is as rare as a perfect maid, and that it is useless to expect much capability in this country as long as every girl can look forward to ending her service in a few years by marriage and a home of her own. Few have the sense to realise that they are learning what should be practised in their own homes after marriage. I for one may say that I have comparatively little trouble in my domestic affairs, changing seldom, and always preferring any amount of temporary discomfort rather than employ a maid who is not decent and intelligent in appearance, and who cannot produce satisfactory references. But my experience is that, as a rule, they neglect and abuse the conveniences provided for their comfort, must constantly be "followed up" in all matters, and particularly in those pertaining to their own personal neatness and health, and will put any labour-saving contrivances to twenty wrong uses rather than the one right one. Few housekeepers can control the planning of their houses, and still fewer are allowed the expenditure of room and means necessary to give the maids a sitting-room or "hall" apart from the kitchen. In their own homes they would probably have less pleasant surroundings even than the despised kitchen of the house. For my part I think a well-kept kitchen, clean and in order, is good enough for the leisure hours of anyone. And it is far from desirable, in many cases, that there should be any opportunities for privacy in the reception of male friends, or anything but the most formal intercourse or total non-intercourse between the maids and the male members of the household, as many a housekeeper has had only too sad occasion to realise.

In short, in this part of the country at least, a housekeeper must be a domestic missionary, expect but little satisfaction from any work but that of her own hands, cultivate a wise blindness when her conscience will allow, and try to feel that she has done part of her life-work in helping to train each young woman who passes through her household, and be content if she can think that each is a little wiser when she leaves than when she came. X.Y.Z.

## ENGLISH FAMILY SERVANTS.

—:O:—

THE relations of servants to the aristocracy of England are thus illustrated by Adam Badeau:—"Twice I was present at country houses where the servants joined in a dance with the family. Once it was after a servant's wedding, which was, of course, an event. On the other occasion, at a well-known lodge in the Grampians, a Highland reel was proposed, but there were not ladies enough to go round, so the best looking of the housemaids were brought in and placed in the line with marchionesses and the daughters of earls. One was by far the prettiest of her sex in the room, and the heir of the house didn't like it at all if any of his guests danced too often with this maid. But none of these young spinsters presumed on the favour that was shown them; the distance in rank was too great to be bridged by any transient familiarity. It was the very consciousness of the gulf that made the condescension possible.

At the house of a nobleman who had a crowd of sons, and these always a crowd of boyish visitors, the whole frolicsome party was sent off nightly, after the ladies had retired, to a distant tower of the castle, where they might make as much noise as they pleased. They drank and they smoked and they played cards, and had two or three of the footmen told off to them, who stayed up half the night with their young masters, to wait on them and amuse them. The young men were all of the same age, and the gentlemen often invited the servants to a cigar or a glass, and not un seldom to a turn at the gloves, for most young Englishmen box. They played fair; the lords and lackeys wrestled together on an equality. The



servant might get his master down, if he could, and if the valet struck out from the shoulder the gentleman took his punishment like a man. Only when the lords went to bed the lackeys had still an hour in the brushing room whitening the hunting breeches of their masters for next day's field.

## CAKE RECIPES.

—:o:—

**ALMOND CAKE.**—Take a good pound-cake mixture well flavoured with essence of almond, and bake it in small round hoops; when baked and cold, cut the top level. Make an almond paste of ground almonds and pulverised sugar, pound to the pound and work smooth with whole eggs until firm and compact. We will presume that you have a boxwood mould, like a gum paste board, with a circular design cut into it the size of your cake tops; so mould the almond paste into this, and fix an embossed almond paste design upon each top.

**ALMOND ROUT CAKES.**—Mix one pound of ground almonds with the same weight of finely pulverised sugar, intensify the flavour with a little essence of almond and essence of lemon; form this into a smooth paste with yolk of egg. Make into any fancy shape according to taste, and decorate with wild cherry, preserved gage, apricot, &c. Lay each set of patterns on square pieces of cartridge paper dusted with sugar, let them remain until next day, and bake in a moderate oven.

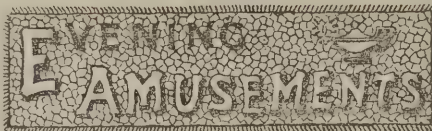
**ALMOND FAGGOTS.**—Make rout cake paste, roll it out moderately thin, cut into bands two inches wide, cut these into strips, fold a few strips together, so as to represent a faggot of wood, placing one strip of the paste round the centre to form the tie; place them upon cartridge paper until next day; bake in a moderate oven.

**ALMOND BIRD'S NEST.**—Form rout cake paste into balls the size of walnuts, make an impression or well in the centre by pressure with the handle of the paste-brush, drop three or four white comfits into the centre of each nest to represent eggs; lay on paper as usual; next day bake. When cold, pipe a rim of icing round the rim of the nest, which dip into finely chopped pistachio. They have a very pretty effect.

**ALMOND WALNUTS.**—"Almond walnuts" sound rather paradoxical, but never mind. Have rout cake paste, mould the kernels in a walnut mould, and place them on cartridge paper; mould the half shells and place them on paper also; next day bake them off, the shells a good brown tinge, while the kernels can be dried quite pale; join half the kernels to the half shells with icing, and it will make a good representation of a walnut half open.

**ALMOND ICING FOR CAKES.**—Two pounds and a half of ground sweet almonds and two pounds and a half of lump sugar. Make a syrup, and boil the sugar to a *blow*, then stir in the ground almonds and two teaspoonsful of orange-flower water; put this on the top of the cake, and make it smooth and flush to the edge by means of your hand and a dust of sugar. This operation must be done very quickly, as it will set rapidly, and otherwise become unmanageable. This quantity will ice a good-size cake. In connection with the sugar-boiling part, I will explain the term *blow*, in case any reader should be tempted to exclaim that "he will be *blown* if he knows what it means." Boil the sugar until, by dipping a skimmer into it, you can hold it up and *blow* sharply through the holes in the skimmer; if ready, the sugar (by the action of the puff) will form into globules on the other side.

**A SIMPLE ALMOND ICING FOR CAKES.**—Use ground almonds and pulverised sugar a pound to the pound (large or small quantity), then add white of egg sufficient to work it into a smooth, compact paste. Work it over the surface of the cake in the usual manner. Do not omit to add some orange-flower water to it, and I prefer to add a few drops of essence of almond to intensify the almond flavour. This is not generally done. Some may consider it is "painting the lily," or "gilding gold;" but I believe in it for all that; and not only do I believe in it, but I always do it.—"Drogan," in the *Practical Confectioner*.



## OUR SPHINX AND PUZZLE PAGE.

—:o:—

Please to write "Sphinx" outside all letters intended for this department.

### NUMERICAL ENIGMA.

My whole, composed of 40 letters, is a quotation from Byron.

My 10, 33, 23, 26, 18, 35, 9, 13 was an American statesman.

My 32, 5, 17, 25, 20, 34 is an English philosopher.

My 27, 15, 1, 4, 19, 40 is a tool.

My 7, 2, 24, 36, 38, 14 is a European city.

My 22, 8, 6, 30, 3 is a term in music.

My 11, 39, 28, 22 is to deride.

My 37, 12, 31, is an animal.

My 16, 21 is a personal pronoun.

### CHARADES.

My first proceeds from pain or grief

My second was passed in fasting,

From woman's tongue 'twere great relief,

If, but, my whole were lasting.

### HIDDEN WRITERS.

1. The woodman's axe espied the tree.  
2. After closing the bayou I dared my companions to do so.

3. The window at the top opened into a courtyard.

4. The novelist's cottage was built of red brick.

5. Jamestown is a city in New York State.

6 I cannot imagine how Ellen allowed the children to go so far from home.

### TRANSPOSITIONS.

Transpose ten rivers, and get respectively a legal claim, animal organs, a plant, a country, to look, destitution, a bird, to fold, advanced to, and a series of generations.

### WORD SQUARE.

First, the track which hunters trace;

Second, lifts to higher place;

Next in church you cannot miss;

Land and water maketh this;

Last will courts of record show.

### DIAMOND PUZZLE.

1, A letter; 2, Part of the verb to be; 3, A small animal; 4, A country in Europe; 5, Flowers; 6, Part of a fish; 7, A letter.

### METAGRAM.

Whole I am a card, change my head and I become successively, to shift, to stop, a curer, and a man's name.

### CROSS-WORD ENIGMA.

In day not in night.

In shade not in light.

In freeze not in cold.

In brave not in bold.

Whole is a carpenter's tool.

### DECAPITATIONS AND CURTAILMENTS.

1. To do this the hare evades the hound.

2. A peduncle rising from the ground.

3. A kind of garment here is found.

4. "To imitate" by act or sound.

### CHARADE.

If down hill you are going too fast,  
Be wise in time, the first put last;  
The whole, of various colours, is oft used as a sign.

Where the down hill process finds an easy incline.

## ANSWERS TO "OUR SPHINX," No. 17.

NUMERICAL ENIGMA—"Every heart knoweth its own sorrow."

METAGRAM—Matter, Batter, Fatter, Hatter, Latter, Ratter, Patter.

WORD CHANGE—Cent, Dent, Dint, Dine, Dime.

CROSS-WORD ENIGMA—Tobacco.

DIAMOND PUZZLE—

B  
C A B  
C A R O L  
B A R G A I N  
B O A R D  
L I D  
N

WORD SQUARE—

B A S E  
A P E S  
S E E P  
E S P Y

TRANSPOSITIONS—Bard, Drab; Shad, Dash; Yard, Dray; Heme, Mace.

DECAPITATIONS AND CURTAILMENTS — S-to-p, W-rat-h, S-pit-e, P-rover-b, P-rope-r, S-moot-h

CHARADE—1. Reinforce. 2. In car na(e) dine.

CONUNDRUMS—

1. The Prince of Wales is heir apparent; an orphan has ne'er a parent; a bald head has no hair apparent; and a gorilla has a hairy parent.

2. The one is a foul old wherry, and the other is a wherry old fowl

3. Because they are both out of heather.

## A CHEAP HARD SOAP.

—:o:—

MANY housekeepers in the country know how difficult it is to obtain a good article of bar soap. The yellow soap sold at the stores cuts soft as cheese, and rubs away as easily, and unless the housewife buys a box of soap at a time, and piles it up in stacks in the attic or some dry place, the yearly record will show a goodly sum paid out for soap purchased by the bar. The following recipe will prove a desirable item of economy:—

Four large bars of yellow soap, two pounds of sal-soda, three ounces of borax, and one ounce of liquid ammonia. Shave the soap in thin slices, and put it into eight quarts of soft water. Rain water is best. When the soap is nearly dissolved, add the borax and sal-soda, and stir till all is melted. Pour it into a large tub or a shallow pan; when nearly cool add the ammonia slowly, mixing it well. Let it stand a day or two, then cut it into cakes or bars, and dry in a warm place. No better soap can be made to wash white clothes, calicoes, and flannels, and it is excellent for all household purposes. It costs but three halfpence per pound, and is made in less than half an hour. This recipe has been sold for £1, and will be of service to every family.—*Hearth and Home*.

To teach canaries to speak two things are necessary. First, the bird must be brought up by hand, and taken from the old birds at twelve days old; next, he must never hear other birds sing until he has learnt his tune. He should be played to frequently, throwing a handkerchief over his cage to keep him attentive, and should be played to at night. If this plan is followed, a bird hatched in May or June will have his tune almost perfect at Christmas, and if the same words are constantly repeated to him in a feminine voice he very probably may learn to talk also.

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Egypt in 1850 and subsequently all over  
the World, maintains its supremacy as a  
special and specific remedy for the treat-  
ment and cure of Coughs, Colds, Consump-  
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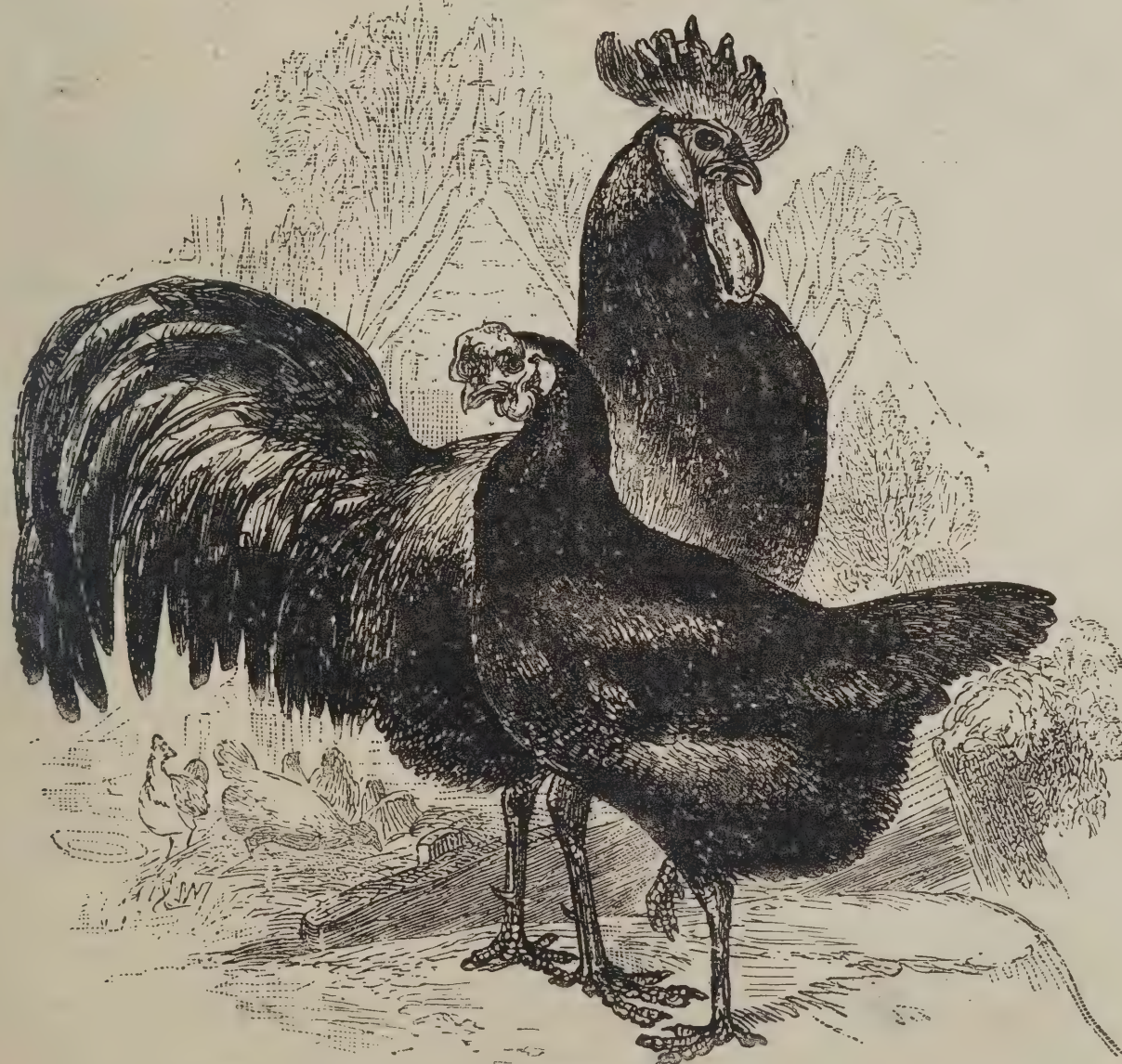
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## SPANISH FOWLS

(For Description see Next Page.)



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## THE SPANISH FOWL.

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THE Spanish fowls are very large and excellent for table, and they lay a great number of eggs, which are remarkable for their size and flavour. The plumage should be entirely black, with a rich greenish metallic lustre. The combs are very large, but not of a brilliant scarlet, and though they sometimes stand erect they most generally droop over on one side. These birds have a white fleshy substance on the cheek, which is much larger on the cock's than the hen's. The cocks are remarkably fine and stately birds, but the hens are said to be bad sitters and bad mothers, being very apt to tread upon their chickens or to lead them astray. They seldom, however, wish to sit, and if well fed and kept warm they will lay every day for the greater part of the year. They are easily affected by cold, and their combs are sometimes frostbitten, which is frequently followed by mortification and death. There are several varieties of these fowls, some with double combs, and others with top-knots and tufts of feathers under the chin. Others have the plumage grey or speckled, and others of a pure white.

The chickens of all the kinds should be hatched early in spring, that they may become strong before winter, particularly as they are a long time before their plumage is complete.

There is a variety of the Spanish fowl the body and tail feathers of which are of a rich black, with occasionally a little white on the breast. The cock of this variety is a most majestic bird; his deportment is grave and stately, and his eyes are encircled with a ring of brown feathers, from which rises a black tuft that covers the ears. There are other similar feathers behind the comb and beneath the wattles. The legs and feet are of lead colour, except the sole of the foot, which is yellowish.

## POULTRY AS A SOURCE OF PROFIT.

(Continued from page 307.)

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### CHAPTER III.

FOOD.

THERE is nothing in which more care and judgment has to be exercised than in feeding, both as to quality, quantity, and the time at which food is given. As a rule it will be found that the dearest in the end is the cheapest. The best food is undoubtedly barley. It contains all the essentials for flesh-forming. It should be changed occasionally for maize in winter and oats in summer. Wheat is good, but as a rule too dear, except as regards inferior qualities. When it can be obtained cheaply it is an admirable food, having all the essentials for fattening. Oats is an excellent summer food, but is not productive of sufficient heat in winter. A certain quantity of Indian corn should then be mixed. If superior oats are not given, soak them in water before using.

Maize is said to surpass all things else as food for poultry, though if given too freely it will prevent the hens from laying by making them too fat. When given with care it is very useful. Some suggest that it should be crushed. When hens have done laying rice is given.

Oatmeal and oats, ground coarse, barley meal mixed with pollards, as well as meal made from maize, are good if used with caution. Bran, pollard, and husks of corn are mixed with boiled vegetables and other meals; potatoes and potato parings, mangold wurzels, &c. As, however, the

gizzard is a kind of grinding mill, they will require some whole corn every day. One essential for health is an ample supply of such green food as turnip tops, the leaves of cabbages and lettuce—the greater the variety the better.

Water is essential. If fowls are scantily supplied with this, or only have access to that which is dirty or puddled, they will contract a disease called the pip, which is a thin white scale that grows on the tip of the tongue. Clean water should be supplied morning and night. Proper fountains are to be had in the shops, but if it be put into an ordinary open vessel it must be sheltered from the rain and sun in a sheltered corner.

Another requisite is, if you want your chickens to lay well, that they have a certain quantity of animal food. If they have a fitting run they will forage for themselves, otherwise they must be supplied with scraps from the table, occasionally some bullock's liver. Worms and insects are their natural food. The proper way to administer the liver is to chop it up and boil it with oatmeal. Many recommend greaves, but some object that it gives a disagreeable taste to the fowl, and would give horseflesh instead.

One alleged cause of the superiority of French eggs is the quantity of lime to be found in the soil of most parts of France. This article is egg-forming, and therefore indispensable. Broken oyster shells were at one time considered a necessary article by poultry breeders, but modern experts and scientists turn up their noses at it and declare it of little use. Lime from old ceilings, or what is called bricklayer's rubbish, is recommended, while egg shells, if finely broken up, are useful.

For this and other reasons gravel should be accessible at all times.

Another matter of great importance is variety of food. It should be changed at regular intervals, or the birds will not thrive. They are very fond of new food, as will be seen by their eagerness to devour it and by the results. A strict feeder breeder will not fall into the error of over feeding, but give them just what they can eat in ten minutes or a quarter of an hour. The usual practice is to feed them three times a day, but where they have a good run and can forage for themselves the second meal may be done without.

Whatever soft food is given them should be at their first meal, when they have had a long fast and require immediate nourishment; and this food should be given warm, not hot, though made with boiling water. It should not be wet, but dry enough to break into bits when thrown on to the feeding ground.

Some persons allow their poultry to feed out of a trough, but the best plan is to throw it on the hard ground or gravel, while soft food may, and is by many, placed on clean and sweet boards. As we have already said in relation to dogs, one essential is a fixed hour for feeding. It will promote their health, and make them more productive. If their house is clean and dry, they should be fed within it in winter.

Towards the end of the year the moulting season begins, when great care is required. Hemp seed must be given, with an extra quantity of meat and a little pepper. A peck will be ample for, say, two dozen fowls during the whole period, and cost about a shilling.

Young fowls, if properly taken care of, will lay soon after the moulting season is over; older ones ought to begin in January and February, though old ones will not begin until spring. They always moult later than the young ones.

As to the cost, some consider that twopence a head is enough, while others speak of threepence, and half when at liberty or not laying, when they need less food.

As to the number of eggs usually laid by one fowl, it is variously estimated at from two hundred to perhaps a dozen more. Many think that poultry can be artificially stimulated into laying more, and want information on the subject. But nothing can really be added to what has already been said. Should fowls be induced to lay in cold weather more than their normal quantity, they will become exhausted and only fit to be turned into what the French call the *poule au-pot*, a fowl boiled to make invalid broth.

Still, by the moderate use of red pepper in the soft food—some animal food, cooked as before directed—chickens may be encouraged to lay.

Should you have a superabundance of eggs, it may be necessary to keep them. There are various ways of doing so. One is as follows:—Prepare a box or cask of sufficient size to contain the eggs to be preserved. Let it be quite dry; spread a layer of wood ashes about two inches in depth over the bottom, and upon this place the eggs upon their side, as many as the space will admit, but be careful that they do not touch one another. Then throw in more ashes and form another bed, and lay down the eggs as before. In this way the cask or box may be filled, and if set in a dry, cool place the eggs will keep sweet all through the scarce season. Another way, suggested by Mr. Wright in his wonderful Book on Poultry, is to add a peck of new lime to four gallons of boiling water, then stirring it for some time. Remove, when cold, any hard lumps by passing the whole through a coarse sieve; add to this ten ounces of salt and three ounces of cream of tartar, mixing the whole thoroughly. The mixture must stand ten days or a fortnight. The eggs must be packed closely, and also closely covered. If put in this solution when newly laid, they will eat as well at the end of nine months as in ordinary cases they would in six days, though not, of course, like new laid. The sooner they are put in this pickle after they are laid the better.

As to the cooking of eggs, the ways are multifarious. It is generally considered that boiling is the only way to cook eggs, while for those who do not like hard-boiled ones it is suggested by eminent writers on poultry that the best way is to put them in boiling water and take them off the fire at once, letting them stand five minutes, or put them on in cold water and take them up when they boil. But by consulting our "Handbook of Cookery" numerous other ways will be discovered. There is a wide class of dishes which are nothing without eggs, such as custards, omelettes, and others too numerous to mention.

### CHAPTER IV.

BREEDING.

THERE is no subject more discussed than the importance of breed. An authority we have already quoted says, strictly speaking, no breed of fowls is pure, as they all descend from the Indian jungle fowl. A writer in the *Field*, than which there is no greater authority, says:—

"All that can be asserted of the purest breed variety is that it has been reared for a number of years or generations without a cross with any other variety. But it should be remembered that every variety has been reared by careful artificial selection, either from the original stock or from other varieties.

"In the strict sense of the word there is no such thing as an absolutely pure breed the term is only comparatively true. We may term the Spanish fowl of pure breed, because it has existed for a long period, and obviously could not be improved by crossing with any other known variety; in fact its origin as a variety is not known. But many of our domestic birds have a much more recent origin. Where were game bantams fifty years ago? The variety did not exist. They had been made by two modes—breeding game to reduce their size, and then crossing the small game fowl thus produced with bantams. Yet game bantams as at present shown have quite as good a title to a pure breed as any other variety. In fact, every variety may be called a pure breed that reproduces its own likeness true to form and colour.

"The statement that Brahmas, Black Hamburgs, Dorkings, &c., are pure breeds is meaningless if it is intended to convey anything more than that they will reproduce their like, which a mongrel cross between two distinct varieties cannot be depended on doing."

The average age at which a young fowl begins to lay is six months, and it is extremely unwise to encourage them to lay earlier. But for reasons mentioned earlier it is desirable they should begin at that age. The poultry breeder should be very careful about the nest, and when the fowl is wanted to hatch her eggs one should always be left in it. In order to encourage them all chickens should be allowed to sit, and bring up a brood of chickens once a year. It is rest to them, and allows them to



receive that strength lost by the habit of constant laying.

It is not advisable to let hens sit when they are over fat, as they will often crush the eggs or stifle the chicks. Hens are ready to sit at almost all times in the year, occasionally hatching three sets in one season. The best months are considered by good authorities to be March, April, and May; even in February they may be encouraged, if all the circumstances are favourable. When simply wanted for eating, it is no matter when they are hatched, even up to August, when they will be fit for eating before the end of autumn if properly fed. Great care should be taken in the selection of eggs for hatching, the breeder only to use those from healthy fowls. Neglect in this essential particular will often produce most disastrous results. Eggs should not be kept too long before they are put in the nest. From a week to ten days is a very good time, and it is wise to have them as near of an age as possible. The older the egg the less chance of its coming to perfection, while if it does the chickens are of inferior strength and difficult to rear. Eggs that either are unusually large or small should be rejected, while the older the egg the later it should be put under the hen, say four or five hours, which will ensure the uniformity of the brood. The eggs of very young fowls are not so desirable as older ones, while they should be selected from different yards if possible. If you have two fowl houses put the eggs of say No. 1 under the fowls of No. 2 yard. What is called breeding in is not wise. Careful breeders or henwives mark each egg with the date of its birth, which facilitates the sorting of them for the nests. Eggs for hatching must be protected from heat in the summer just as they must be from cold in the winter. Some put eggs while waiting for the nest in bran or dry chaff, while others oil them all over. This is said to preserve their reproductive qualities longer than otherwise would be the case. All the character of the mothers being likely to be reproduced in the chicks, selection is important, thus the eggs of good layers will be like to produce similar young ones. Another matter of some importance is to avoid mixing the eggs of different breeds.

It is a moot question as to which end the eggs should stand on when put away or preserved for breeding. The balance of opinion is in favour of keeping the little end downwards. All these considerations involve some trouble, but if the results are favourable we need not begrudge it.

Many centuries have elapsed since discussions have been going on as to the sex of eggs, and elaborate indications have been mentioned by which the owner can judge beforehand what the sex will be. But the result of modern research seems to tend towards proving that the time of laying, and the age of the mother, have much to do with the preponderance of the sexes, thus early laid pullets' eggs will have more males than females; in fact, as a general rule, early laid eggs have less females than those laid later in the year.

(To be Continued.)

**SUNNY HUSBANDS.**—We often doubt whether the male head of a family ever really appreciates the opportunity he has for diffusing sunshine at home, or apprehends how much of gloom he can bring into the family circle by entering its precincts with a dark frown on his countenance. The wife and mother is within four walls from morning until night, with but few exceptions, and must bear the worriment of fretful children, inefficient servants, weak nerves, and many other perplexities; and she must do this day after day, while the husband goes out from these petty details of home care, has the benefit of the pure, fresh air, meets with friends, has a pleasant time, which altogether act as a charm upon the physical man; and, if he does as he should, he will come home cheerful, and thereby lighten the home life for his wife. Some men can be all smiles away from home, but at home they are as cross as bears; and yet we hear it said on every side, "Wives, meet your husbands with a smile."

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## THE COOK'S HANDBOOK

(ARRANGED ALPHABETICALLY.)

—10:—

**Lampreys.**—Lampreys resemble eels; there are river and sea lampreys; scale them in the same manner as tench, and cut them into pieces; then flour and fry them. They may also be broiled, and served with capers or sauce à la remolade; or, for a side dish, mix some oil, vinegar, salt, pepper, and mustard together over the fire, and serve it for the lampreys in a sauce boat. Lampreys are likewise stewed like carp, and served en matelotte as a side dish. Lampreys à la Tartare are prepared like eels à la Tartare.

**Larks.**—Roast them, larded and covered with bacon; or half the quantity one way and half the other. Leave in the trails, and put roasted bread under them to receive what falls. For a side dish they are served many ways: to make them into a tourte, draw them, and take out the gizzard; put grated bacon at the bottom of the dish, and the larks upon it, having first taken off the heads and feet, and given them a few turns over the fire in a stewpan with a little butter, some parsley and green onions, mushrooms, and a little garlic, the whole cut fine, and the larks left to cool; finish the tourte according to the rule in the general article of tour es.

**Leg of Mutton à l'Anglaise.**—Lard the fleshy part of a leg of mutton with fat bacon, tie it with packthread, and put it in a pot just large enough to contain it, with some stock, a bunch of parsley and green onions, a clove of garlic, three cloves, a bay leaf, thyme, basil, salt, and pepper. When done, let it drain; wipe off the fat with a cloth, and serve with a sauce made thus:—Put a tumblerful of stock, and almost as much cullis, into a stewpan with capers and anchovies, a little parsley, a shallot, and the yolk of an egg boiled hard; let the sauce boil a few minutes, and serve it with the mutton.

**Leg of Mutton, Boiled.**—Lard a leg of mutton with bacon and anchovies, tie it with packthread, and put it into a pot just large enough to contain it with a pint of water and as much stock; when it boils add a bunch of parsley and green onions, half a clove of garlic, three shallots, two cloves, two onions, a carrot, and a parsnip. When the meat is done strain off the broth, skim it, and let it remain upon the fire till reduced to a strong gravy en glace, as in a fricandeau; pour this over the mutton, detaching what may remain in the stewpan by the addition of a few spoonfuls of stock, or (if you have any) of cullis; serve it, when strained, over the mutton.

**Leg of Mutton, Boiled (Second Receipt).**—Take out the bone of a leg of mutton from the bull's eye to the rump bone; lard with large pieces of bacon, and season with salt, pepper, garlic, and spices; tie it neatly with packthread; put it in a saucepan, then cover it with thin broad slices of bacon, carrots, onions, cloves of garlic, three bay leaves, and thyme; moisten with water a little salted, then boil for five hours; take off the packthread and put the mutton on a dish, with a little of the gravy in which it has been boiled passed through a sieve and poured over it. Some cooks add a glass of white wine and a little shred parsley, when the mutton is in the saucepan.

**Leg of Mutton à l'Etonnade.**—Cut a little open the knuckle of a leg of mutton and lard it with fat bacon, seasoning the larding with salt, fine spices, parsley, green onions, and shred shallots; line your earthen pot with slices of bacon, tie up the leg of mutton and put it in, with carrots, a bunch of parsley, green onions, thyme, bay leaves, some cloves of garlic, and a spoonful of brandy; cover up the saucepan; cook over a slow fire for three hours, and when done strain off the fat from the sauce and serve.

**Leg of Mutton à la Hollandaise.**—Put a leg of mutton into boiling water, minding that the water boils up quickly. When it is in, add some salt. Boil separately some turnips, well skinned and washed. Let the leg of mutton be done exactly at the time wanted, as it should not stand after it is done. If it weighs six pounds

it should boil an hour and a half, and so on, according to the quantity, reckoning a quarter of an hour for each pound of meat.

**Leg of Mutton with Gherkins.**—Put a leg of mutton into a saucepan just large enough to contain it, with a little stock or water, a bunch of parsley and green onions, a clove of garlic, thyme, bay leaves, basil, two onions, two carrots, a parsnip, salt, and pepper; when the mutton is done strain off the sauce skimming and reducing to a thick jelly. Put this over the mutton, and serve in the same dish a ragout of gherkins, made by cutting some gherkins into two or three pieces (according to their size), parboiling them a minute or two to take off their acidity, and putting them into a thick sauce.

**Leg of Mutton with Cauliflowers.**—Boil a leg of mutton à l'Anglaise, and put it upon a dish for table, then arrange the cauliflowers round it, having first blanched and afterwards boiled them in another water, with a piece of butter and salt; lastly, pour over them a good sauce, made with cullis, a slice of butter, salt, and coarse pepper, and thickened over the fire. When you serve, add a little vinegar.

**Leg of Mutton with Cauliflowers and Parmesan.**—Dress the mutton and cauliflowers according to the preceding receipt but with less salt; then take a dish proper to be sent to table and put into it a little of the sauce mentioned in the preceding article, with some Parmesan cheese grated; baste the mutton with the remainder of the sauce, add more cheese, and set the dish upon a stove over a slow fire, under a cover that will admit fire at the top, until it be of a fine high brown, and the sauce thick. Before you send it to table, drain off the fat.

**Leg of Mutton Marinated.**—Lard the upper part of a leg of mutton; let it soak for about twelve hours in a warm pickle of water, vinegar, garlic, cloves, onions, thyme, bay leaves, parsley, green onions, salt, and pepper; then roast it, basting with its pickle; serve with a high-flavoured sauce; or, if you prefer it, pass your marinade through a sieve, reduce it over the fire to the consistence of a sauce, add a little butter to thicken it, and serve. If you intend to use your marinade in this way as a sauce, you must put in very little salt.

**Leg of Mutton à la Régence.**—Cut a leg of mutton into three or four pieces, lard each with fat bacon, seasoned with salt, spices, and sweet herbs, shred small in the same manner as beef à la mode. Serve it either hot or cold.

**Leg of Mutton à la Kretschmer.**—Raise the skin of a leg of mutton carefully with a knife, take out the bone, then take half a pound of fresh butter, or a quarter of a pound only, if the leg is small; add salt, pepper, parsley, and green onions shred fine, and a pinch of flour; make of this a kind of sausage, which you must put in the inside of the leg in place of the bone. Place it thus on the spit, keeping the meat together with skewers and packthread. Before you roast it, salt, pepper, and bread it in the following manner:—Moisten it well with oil, grease, or lukewarm butter, and then roll it in crumbs of bread, making them adhere as thickly as possible; sprinkle it over thus with as much flour as will remain on; put it before the fire, and let it turn gently on the spit. While roasting, dredge it again with flour, but be careful not to baste it with any kind of liquid. The crumbs of bread, flour, and grease will adhere together and form a crust which will totally prevent the evaporation of the gravy of the meat.

**Leg of Mutton, Larded.**—Lard it with gherkins, ham, and bacon, tie it with packthread, and put it into a vessel just large enough to contain it, with half a pint of stock, a glass of white wine, a slice of ham, parsley and green onions, three cloves, a clove of garlic, thyme, basil, and a bay leaf; stew it three or four hours over a slow fire, and strain part of the sauce through a sieve; skim, and add the yolks of three eggs, boiled hard and minced, capers, an anchovy, and boiled parsley; add also the slice of ham which was stewed with the mutton; mince all very fine, thicken it upon the fire with a little flour and butter, and serve it over the meat.

**Legs of Geese à la Remolade.**—Dress the legs of one or more geese à la braise; then dip them in the fat in which they were cooked, and bread them; sprinkle a little good oil over, and broil of a fine brown; serve dry, with a separate sauce à la remolade made thus:—Mix a little mustard in a saucepan, with salt and pepper; also capers, anchovies, parsley, leeks, and a clove;



of garlic, chopped up together very fine, and diluted with a proper quantity of oil and vinegar.

**Legs of Pullet with Ham.**—Take the legs of a fowl, and brown them over the fire with a little oil; then stew them with stock, half a glass of white wine, a piece of butter, a slice of ham, a little vinegar, some parsley and green onions, salt, and pepper; let them cook by a very slow fire, skimming occasionally. Lastly, strain through a sieve, and serve the sauce thick.

**Legs of Turkey à la Crème.**—If the legs of a turkey have already been served at table, do not lard them; but if not, lard them with fat bacon, and dress them thus:—Put a piece of butter about the size of an egg, rolled in flour, into a stewpan, with some salt and pepper, parsley, chives, green onions, a clove of garlic, two shallots, a sprig of thyme, basil, three cloves, a bay leaf, a few coriander seeds, and a quarter of a pint of milk; stew these ingredients over the fire till the milk boils; then put in the legs of turkey, and let them boil very gently; when they feel tender take them out and leave them to drain; then take the fat off the stew, and dip the legs of turkey into this fat, cover them with grated bread, and, thus prepared, broil them over a slow fire, basting lightly with the remainder of the fat. Lastly, put half a glass of gravy into a stewpan, with some salt and coarse pepper; toss it up, and serve it in the dish with the turkey legs.

**Lentils.**—Choose them large and white, and after having washed and picked them, boil in water; when done, fricassee them like white kidney beans. There is a small sort of lentil, which is not much used to fricassee, but is the best to make cullis, both from the colour being finer and the flavour better.

**Lentils à la Maître d'Hôtel.**—Boil the lentils in salt and water; then drain, and put them into a saucepan with a large piece of butter, shred parsley, some salt, and pepper; toss them in the stewpan, and serve quite hot, with crusts of bread round.

**Lettuces en Maigre.**—Wash and boil them in boiling water, with some salt; when done, press, and chop them up; then put into a stewpan some fresh butter and a spoonful of flour, adding the lettuce, some nutmeg, salt, and a little vinegar; let the whole boil ten minutes. You may, if you choose, leave out the vinegar, and add, instead, some milk or cream, and a thickening of the yolks of eggs.

**Lettuces with Gravy.**—Having prepared and boiled some lettuces in the same way as to dress them en maigre, chop them up, and put them into a saucepan with a little flour, dripping or butter, and gravy; moisten with stock, and serve.

**Leveret Sauté.**—Having skinned, drawn, and cut up a leveret, warm it over the fire with a piece of butter; then add a little flour, the liver, parsley, leeks, and shallots chopped fine, salt, and pepper; moisten with stock and a glass of red wine. Let the whole stew by a quick fire without stirring. A good quarter of an hour is sufficient. Serve with a sprinkling of vinegar.

**Light Biscuits.**—Take ten eggs, put the yolks of five into a pan, with a few crisped orange flowers and the peel of a green lemon, both shred very fine, adding also three-quarters of a pound of fine sugar; beat the whole together till the sugar is dissolved and well mixed with the eggs; then beat the whites of the ten eggs, and when they are well frothed mix them with the sugar; stir in lightly and by degrees six ounces of flour, and put the biscuits into buttered moulds, powdering them with fine sugar, and baking them in an oven moderately heated.

**Light Cream.**—Put a pint and a half of milk into a stewpan with some sugar, a bit of lemon peel, and some orange-flower water; let the whole boil together and consume to one half; then take it off the fire, and let it cool; in the meantime beat up a teaspoonful of flour with the yolks of six eggs (keeping the whites apart), and gradually mix the yolks with the cream; strain the cream through a sieve, and set the vessel which contains it in some boiling water over the fire; when the cream is set take it out of the bain-marie, beat up the whites of eggs to a froth, add to them some fine sugar, and cover the cream with the whites of eggs in the form of a dome; finally bake it under a lid that will admit of fire at the top; let the heat be moderate, and serve the cream of a fine colour.

**Loin of Lamb à la Périgord.**—Take a loin of lamb neatly trimmed; warm it over the fire in a stewpan with a little oil, mixed with some chopped green onions and mushrooms, salt, and pepper; then change the lamb into another stewpan, well lined with slices of veal, seasoned, and seven or eight truffles in slices, covered with thin rashers of bacon, and half a lemon cut in pieces; let the whole stew over a slow fire, moistening with stock, and, when done, skim the fat off the sauce, pass it through a sieve, dish the loin with the truffles, and pour the sauce over.

**Love-apple Sauce.**—Boil ten very ripe tomatoes or love-apples in some stock for half an hour; add pepper and salt, and strain to a purée. Should not your sauce be thick enough, boil it again. Put a little meat gravy into three or four spoonfuls of the purée, and when about to serve, add two ounces of butter, letting it melt in the sauce.

**Love-apple Sauce (Second Receipt).**—Stew ten or twelve love-apples with a little minced ham and onion. You may add a clove or two, or a small sprig of thyme. When the love-apples are melted rub them through a sieve, then add some Espagnole, and season to your taste. Finally, boil the whole for some minutes before you serve.

(To be Continued.)

## SOME USEFUL KNOWLEDGE.

—:O:—

**TO REMOVE INK STAINS.**—Ink stains are very easily removed if put immediately in milk and slightly rubbed for a few minutes. If allowed to dry they are not so easily removed, but can be by a little more effort.

**TO REMOVE BLOOD STAINS.**—Blood stains can be removed from an article that you do not care to wash by applying a thick paste, made of starch and cold water. Place in the sun, and rub off in a couple of hours. If the stain is not entirely removed, repeat the process and soon it disappears.

**TO REMOVE FRUIT STAINS.**—Hold the goods stained over a vessel in such a way that pouring boiling water on the opposite side of the stain it will run through the goods, and in a short time the stain will be seen to disappear.

**TO REMOVE MILDEW.**—Soak and wash the spots in sour milk and you will have no trouble in removing the same.

**TO REMOVE IRON RUST.**—Place a bright tin over a kettle steaming with boiling water. Moisten the goods with water and hold the iron-rust spots closely to the tin, and rub them with oxalic acid. As soon as you see the rust disappear, rinse in cold water to remove the acid, as it tends to rot the goods, but if the process is performed quickly there is no danger of this.

**TO WASH COTTON GOODS.**—To wash cotton goods containing a black figure, pour boiling suds on the goods and let stand for a few minutes. This sets the colour, and when neatly washed and ironed, instead of a faded garment you have one as bright and fresh as when first made. Gingham and prints of various colours will hold their colour better if washed in water thickened with flour starch. Flour is very cleansing, and will do the work of soap without injury to bright colours, in one or two washings.

**TO CLEAN LACE.**—Fill a bottle with cold water; draw a stocking tightly over it, securing both ends firmly. Place the lace smoothly over the stocking and tuck closely. Put the bottle in a kettle of cold water containing a few shavings of soap, and place over the fire to boil. Rinse in several waters, and then drain and dry. When dry remove and place smoothly in a large book and press with weights. Very nice lace can be made to look like new by this process.

**CARE OF SILK.**—Never use a brush, it injures the goods. Instead wipe carefully with the face of a soft piece of velvet. Shake the velvet occasionally, and wipe between every plait if you would preserve your garment and have it retain its new look.

“What and When to Eat” is the title of an exchange. The “when” never gave us any trouble in our eating, but we have been compelled to do a sight of skirmishing after the “what.”

## Fireside Novelettes.

—:O:—

### OLD PHILPOT'S TEST.

—:O:—

OLD Philpot was miserly, and at the age of threescore-and-ten had contrived to scrape together a large amount of money. It was known by the town assessors that his real estate was worth in the neighbourhood of two hundred thousand dollars, and for that he was taxed; but they had never been able to get at his personal property. At length, however, shortly after the late war had broken out, and a tax was put upon income, the assessor made a bold stand, and assessed his personal estate, including his income, at two hundred thousand dollars more. He swore he would never pay it; yet, when he was brought to the point of taking his Bible oath that his personal property and income did not amount to so much, he would not do it. The old man had a conscience, after all.

But his time was to come. Old Philpot had a long head. By-and-by he saw his opportunity. The Government issued its bonds. They paid a good interest, and were non-taxable. Real estate in his section was in demand. In less than a year he had put every atom of property, saving only three or four old tumble-down structures which nobody would purchase, into coupon bonds; and he laughed in the assessors' faces when he told them he had more than half a million in Government bonds, and they might tax him if they could.

It was the joy of his life to go to the bank, in the vault of which he kept them, and cut off the little slips of pictured paper and receive for them bright yellow gold; and then that gold he put into more bonds. And this thing he did until the time came when the four and four and a-half per cent. bonds had absorbed all older issues; and by that time he had very nearly a million dollars' worth of them.

And Old Philpot had something else besides his coupon bonds and the three or four tumble-down rookeries, in one of which he lived. He had a granddaughter—Ruth Belmont—one of the sweetest, the purest, the mildest, the gentlest, the loveliest, and the most beautiful little granddaughters that ever was. She was the only child of the old miser's only daughter. Son he had never been blessed with. His daughter had lost her husband when her child was only two years old, and shortly after her bereavement she came to keep house for her father; and she had kept house in earnest. She worked hard while she lived, and died when her child, Ruth, was fifteen.

And Ruth was now nineteen, and had been her grandfather's housekeeper ever since her mother's death; but she had not worked as her dear mother had worked.

No; she had determined from the first that she would not do it; but she was very careful how she proceeded. One day, shortly after her mother's mortal remains had been consigned to their final resting-place, and when she had prepared for the old man a really appetising meal, she went to him and put her arms around his neck and kissed him.

“Grandpa,” she said, with her most winsome look, “do you know dear mamma worked too hard? I often told her so, but she would not listen. She was too ambitious to accomplish great things. The doctor said she might have lived longer if she had not worked so—Hush! Don't interrupt me. I told the doctor that all the advice in the world could not have kept mamma from her work. She would work in spite of us. But, dear grandpa, you don't want to lose me, do you? I don't believe you would want me to die and be lost to you for evermore.”

Something like a spasm had come upon Old Philpot at that. It caused a feeling entirely new to him. The thought of losing that bright-eyed, sunny-faced angel from his hearthstone opened up to him the desolation that would result; and for the first time he knew how much he loved his granddaughter. Suffice it to say, from that time Ruth had help in the house whenever she wanted it.

Ruth was now nineteen. Her hair was sunny and curling; her eyes were blue as sapphires; her face was faultless in its beauty



of feature, though somewhat browned by exposure to the weather, for she loved dearly to be out of doors, and she was just as likely to trip over the meadows and through the woods with her little straw hat in her hand as with it on her head.

Can we wonder that such a girl had lovers? Not only was she the prettiest little maid that went to church on Sunday, but she was likely to be the wealthiest, for she was her grandfather's only natural heir. In fact, she *was* his heir. It had leaked out that the old man had made his will, and by it had given everything to Ruth Belmont. There were a few outside bequests; but nothing to amount to a half-year's interest of a moiety of his property.

Of course, she had lovers. She would have had them by the score if she would have suffered them to bother her. As it was, only three of them appeared to have any hope of success—only three had applied to Old Philpot in due and ample form, and asked his permission to win his fair granddaughter's hand. The old man realised that his dear child must at some time marry. He had himself married; and, notwithstanding the seeming hardness of his heart during his later years, he had married for love. His wife had died young; and, doubtless, the loss of that wife, whom he had truly loved, had had much to do with the incrusting and hardening process of later years.

One day Old Philpot, directly and flatly, asked Ruth which of the three she preferred. Said he—"I know you will marry. I can't expect to live for ever. I don't like to think of dying, yet it must come; and the probability is that I shall die and leave you behind. So, my dear child, I'd rather see you married and comfortably settled before I leave you. There are three young men from whom I think we shall select. Now, little one, tell me, honestly, which one you prefer. I want to know."

O! the deceitful girl! Only on the evening before she had allowed a handsome, brave, strong young man to hold her to his heart, and to kiss her a dozen times; and she had told him that she would love him with all her heart for ever and for ever. Notwithstanding all that, she now looked up into her grandsire's face, and plumply, emphatically said:—

"Darling grandpa, I want you to select for me. Really, I cannot tell you now which I would choose. What do you think of Amos Cutter? He is a gentleman, and makes a very nice appearance. Or, what would you say to Warren Hunter? He is not only real nice, but he is intellectual; and then his father was an old friend of yours. As for poor Harry Seaver—he is too low down. Look at what great hard hands he's got. And his work is dirty. Truly, I am surprised at him. Don't you think it was rather bold in him to ask you for the hand of your granddaughter?"

The old man grunted, and twisted his face into a comical grimace, and turned away without another word. What his seemingly disgusted sniff might have meant it would be difficult to determine.

Of the three swains above mentioned the first, Amos Cutter, was an attorney-at-law; twenty-five to thirty years of age; six years in practice in the town; his elaborately gilded sign being the most conspicuous thing thus far in his career. He dressed very finely, and wore a button-hole bouquet when he appeared on the street. Evidently he needed money very much.

The second, Warren Hunter, was a semi-independent young man. He was certainly younger than Cutter—say, four-and-twenty. He lived mostly on his widowed mother. At all events, she was overheard one evening, as her son was about to leave his home, to say to him, in an anxious undertone—

"Warren, you had better make hay while the sun shines. I cannot support you as I have done much longer. Look out that Cutter don't get in ahead of you and walk off with granddaughter and money both." The hopeful son had said, "Never fear!" and had then walked away whistling.

The third of the trio was of a different class. Instead of living on his mother, he did much towards supporting her. Harry Seaver his name was; a young man of three-and-twenty, a machinist by trade, and accounted one of the best mechanical engineers to be found anywhere, and he commanded excellent wages.

He was a hearty, healthful, happy young fellow, brave, loyal, and handsome. And he it was who had been permitted to hold Ruth Belmont to his bosom and give her innumerable kisses, and to hear from her sweet lips the precious pledge of enduring love. They had their reasons for keeping their troth from grandfather. It was from no desire to deceive him. They knew his oddities, and they knew he liked to lead. Had she said, "Grandpa, I think I shall marry with Harry Seaver," he would have been sure to oppose her. In short, he did not regard her as quite old enough to judge for herself. He could do it much better for her.

One evening Old Philpot came home from the adjoining town of Oakmont, where the bank was, bringing with him a large brown-paper parcel and a big revolver pistol. Amos Cutter and Warren Hunter were both there sitting with Ruth when he came in.

"Young men," said he, anxiously, "I hope you'll keep this to yourselves. Don't for the world mention that I have come home armed in this fashion. The fact is I'm desperately afraid of the Oakmont Bank, and I've brought home my bonds, and there they are—all I'm worth in the world. Every dollar I've got is in that parcel. Rather small for nigh on to a million, isn't it? But most of 'em are ten thousand each, so a few of 'em make a big sum."

The young men in blank astonishment asked him if he thought of keeping such a treasure in his house.

"Only to-night," he said. "To-morrow morning I shall carry it over to Piperville and put it in the bank there; and I've about made up my mind that I'll exchange 'em for registered bonds very soon. Then, d'you see, if I should lose 'em I'd find it easier to replace 'em. These coupon things are like bank bills. Bless me! I don't even know the numbers of 'em. But I'll fix it to-morrow. Now, look'e, you won't speak of this? You won't lisp it to a human being?"

Of course they promised with great solemnity; and they meant to keep the promise. For their own sakes they would keep it.

Alas! and alas! that very night, sometime after midnight, Old Philpot rushed frantically into Ruth's room and aroused her from her sleep.

"Up, up, child! the house is on fire!"

How it caught they could not tell. It was, as we have said, one of the oldest of the old traps, and one of the meanest. The site on which it stood was delightful, one of the pleasantest in the village; but the house itself was a tumble-down, and it burned like tinder. By-and-by, after Ruth had got dressed, and had got out, and after a goodly number of the neighbours had gathered to look on, a succession of sharp reports sounded from the burning mass.

"It is my pistol! my pistol! And my bonds were with it! Oh! I am undone! Ruth, we are beggars! That package—ah! I forgot it in my thought of you!"

As for doing anything towards saving the house, it was utterly impossible. No other building was near enough to be in danger, so no effort was made. That the old house was gone people were thankful, for it had been an eyesore long enough. But that the old man had lost his wealth, they were sorry—some more than others. While the old trap was smouldering in its embers, both Amos Cutter and Warren Hunter appeared to the aged sufferer and asked him, point blank, if all—*everything*—he had possessed had been consumed in the fire.

"Woe is me! Ruined! ruined! Alas! poor Ruth! She was so hopeful! Well, well, the Lord will provide! Ah! Mr. Cutter, haven't you a corner somewhere into which you could put us for a little while?"

Really, ahem!—the dapper legal functionary was sorry—so sorry; but he hadn't any such corner. Old Philpot had turned to Warren Hunter with the same plaint and prayer on his lips, when the intellectual youth turned him abruptly about and incontinently fled.

It was about fifteen minutes after that, while Ruth and the old man stood sorrowfully together, that Harry Seaver, covered with sweat and soot from helping at saving a few odds and ends of household stuff, came up and looked the old man in the face.

"Mr. Philpot, is it true what I hear, that this fire has reduced you to beggary?"

"Alas! it is too true!"

"Thank heaven for that!" the young hero exclaimed devoutly. "Now I can ask you for this dear hand without being thought mercenary. Come—come home with me. We'll fix a roost for you until you can do better."

"But, young man, I can never repay you."

"Pshaw! Give me this dear hand, and we shall be a family together. I'll work it some way. Come, come along. You can do no more here to-night."

And they went home together—the three of them—to Harry's humble cottage, where his good, kind-hearted mother, who had always loved Ruth dearly, made them as comfortable as she could.

"Yes," said Old Philpot, on the following day, while sitting at Mrs. Seaver's fireside, with Harry standing over the back of Ruth's chair, "Yes, I was a beggar; but not for money. It was light I asked for—information. I begged that I might know where to bestow my dear granddaughter's hand with assurance of love and blessing in return. That old house was not insured; and I wanted it out of the way that I might put up a pretty home for Ruth on the same spot; for I don't know of a pleasanter anywhere around. So, d'you see, I took the cheapest and quickest way of getting rid of it, which was to do as we do with a heap of useless rubbish—I burned it."

"And now, Master Harry, my bonds are where they've been for the last month—since I had 'em exchanged into registered. So, if you take my little Ruth, you'll have to take her grandfather and his wealth with her. On the day that she is married I shall settle upon her five hundred thousand dollars, with my will in her favour besides. But you aren't obliged to take her, you know."

You can imagine the rest, dear reader. At all events, you can imagine the joy and the blessing that came upon Harry Seaver's home when Ruth had become his wife, and her great wealth enabled him to establish himself in an extensive and valuable business—a business employing hundreds of skilled workmen before he had perfected it. And, having seen the change which love for his darling grandchild had wrought in the heart of Old Philpot, you can imagine how like a child he himself became, in his joy and jubilation, when he came to dandle his great-grandchildren on his knees.

What you will fail to imagine is, the deep chagrin of Amos Cutter and Warren Hunter when they came to know what a trick Old Philpot had put upon them.

## HANDY THINGS TO KNOW AND KEEP.

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HERE are some figures and rules very handy to know and have at hand, in the mind or on paper. We advise every young reader to learn most of these "by heart" so thoroughly as to always think of them in an instant. Do it while your minds are young and impressible, and they will stay by you like the marks made in clay or brick, or dough of bread or cake, before it is hardened by heat. Older people who do not preserve their papers can cut this out and keep it handy for ready reference.

A rod is 16½ feet, or 5½ yards.

A mile is 320 rods.

A mile is 1760 yards.

A mile is 5280 feet.

A square foot is 144 square inches.

A square yard contains 9 square feet.

A square rod is 272½ square feet.

An acre contains 43,560 square feet.

An acre contains 4840 square yards.

An acre contains 160 square rods.

A section, or square mile, contains 640 acres.

A quarter section contains 160 acres.

An acre is 8 rods wide by 20 rods long.

An acre is 10 rods wide by 16 rods long.

An acre is about 208½ feet square.

A solid foot contains 1728 solid inches.

A pint of water weighs 1 pound.

A solid foot of water weighs 62½ pounds.

A gallon of water holds 231 solid inches.

A gallon of milk weighs 8 pounds and 10 ounces.



## HOUSEHOLD MANAGEMENT

### WOMAN IN THE HOUSEHOLD.

#### EMPLOYMENT FOR WOMEN.

ON this point Ruskin is very earnest, and some of his quaint remarks are not without point. "It is all very well to bring up creatures with a spoon, when there are one or two too many, if they are useful things like pigs. But how if they be useless things like young ladies? You don't want any wives, I understand, now till you are forty-five. What in the world will you do with your girls? Bring them up with a spoon to that enchanting age?"

"The girls may shift for themselves. Yes, certainly they may. Here is a picture of some of them, as given by the *Telegraph*, March 18, 1879, under Lord Derby's new code of civilisation, endeavouring to fulfil Mr. John Stuart Mill's wishes, and procure some more lucrative occupation than that of nursing the baby.

"After all the discussions about woman's sphere and women's rights, and the advisability of doing something to redress the inequality of position against which the fair sex, by the medium of many champions, so loudly protests and so constantly struggles, it is not satisfactory to be told what happened at Cannon-row two days last week. It had been announced that the Civil Service Commissioners would receive applications personally from candidates for eleven vacancies in the metropolitan post-offices, and in answer to this notice about 2000 young women made their appearance. The building, the court-yard, and the street were blocked by a dense throng of fair applicants; locomotion was impossible, even with the help of policemen; windows were thrown up to see the sight, as if a procession had been passing that way; traffic was obstructed, and nothing could be done for hours. We understand, indeed, that the published accounts by no means do justice to the scene. Many of the applicants, it appears, were girls of the highest respectability, and of unusual good social position, including daughters of clergymen and professional men, well connected, well educated, tenderly nurtured, but nevertheless driven by the *res angustæ* which have caused many a heart to break, and scattered the members of many a home, to seek for the means of independent support. The crowd, the agitation, the society, the fatigue, proved too much for many of those who attended. Several fainted away; others went into violent hysterics; others, despairing of success, remained just long enough to be utterly worn out, and then crept off, showing such traces of mental anguish as we are accustomed to associate with the most painful bereavements. In the present case, it is stated, the Commissioners examined over 1000 candidates for the eleven vacancies. This seems a sad waste of power on both sides, when, in all probability, the first score supplied the requisite number of qualified aspirants."

Ruskin says:—"A young lady writing to me the other day to ask what I really wanted girls to do, I answered as follows, requesting her to copy the answer, that it might serve once for all. I print it accordingly, as: Women's work is—

1. To please people.
2. To feed them in dainty ways.
3. To clothe them.
4. To keep them orderly.
5. To teach them.

1. To please. A woman must be a pleasant creature. Be sure people like the room better with you in it than out of it, and take all pains to get the power of sympathy and the habit of it.

2. Can you cook plain meats and dishes economically and savourily? If not, make it your first business to learn, as you find opportunity. When you can, advise, and personally help any poor woman within your reach who will be glad of help in that matter, always avoiding impertinence or discourtesy or interference. Acquaint yourself with the poor—not as their patroness, but as their friend; if

then you can modestly recommend a little more water in the pot, or half an hour's more boiling, or a dainty dish they did not know of, you will have been useful indeed.

3. To clothe. Set aside a quiet, fixed portion of your time for making strong and pretty articles of dress of the best procurable materials. You may use a sewing machine; but what work is to be done (in order that it may be entirely sound) with finger and thimble is to be your especial business.

4. To keep them orderly, primarily clean, tidy, regular in habits. Begin by keeping things in order: soon you will be able to keep people also. Early rising, on all grounds, is for yourself indispensable. You must be at work at the latest by six in summer and seven in winter. Every day do a little bit of housemaid's work in your own house, thoroughly, so as to be a pattern of perfection in that kind. Your actual housemaid will then follow your lead, if there's an atom of woman's spirit in her; if not, ask your mother to get you another.

5. Teach—yourself first—to read with attention, and to remember with affection, what deserves both, and nothing else. Never read borrowed books. To be without books of your own is the abyss of penury. Don't endure it. And when you've to buy them, you'll think whether they are worth reading—which you had better, on all accounts."

So far John Ruskin. Rough in some parts, but with wisdom scattered here and there.

#### PHYSICAL EDUCATION FOR GIRLS.

It has been our good fortune to see a good deal of the school-girl at holiday time. We were staying some time ago at a kind of farmhouse, where summer boarders came. Amongst others were too young daughters of a gentleman well known for his leadership in outdoor sports and pleasures. He was at the time we speak of in India, and they were under the charge of a governess. These two pale, languid girls set us to think about school-girls in general, and to feel what a pity it was that the growing taste for the brown and the rosy tints in complexion, for roundness and suppleness in figure, and for strength to do what one chooses, should not have reached all school-girl circles.

Our two representative school-girls arrived at the farmhouse with bad headaches, and were not visible until the next morning. Three babies, who came by the same train, reached us in much better trim. When we did see them, loosely-plaited flannel gowns and broad hats bespoke rambles and open-air modes of daily life—in keeping with the athletic father's fame. Ferny woods, lofty points of view, silver lakes with boats tossing at their moorings, water-lily ponds, and heavy thickets, lay about us east, west, north, and south. Two months of picturesque Scotland would balance the account with long recitations and the deadly folly of study-hours after school.

But my pale young ladies, in common with most of the red-cheeked boarders, rose late. After breakfast they retired to a couch to read novels; often they went at once to their rooms and threw themselves on the bed. They slept after dinner, and sat up late at night for indoor, lamp-lit fun. They neither rowed nor fished. The light oars stored in the barn—not at all too heavy for a girl's slender shoulders—invited them in vain. Nor did they ramble or go blackberrying. They sauntered and lounged all the summer.

From parents or teachers they had heard nothing—not one word of what they ought to have got from two months' stay in the country.

The school-girls went back to their September schools, and they no doubt often dream over their books of the time when they shall be fine ladies and "in Society."

Study without exercise is injurious, and no good school can now exist without some form of calisthenics. For the benefit of all whom it may concern, we beg to give the rules for promoting general suppleness, published by the authorities of a new "Gymnasium for Ladies and Children."

Position.—Heels together (as near as the configuration of the leg will permit), hips thrown back, chest forward, head erect, with eyes to front, arms falling easy, with back of hand turned slightly to the front.

Exercise.—From this position bring hands to hips; thumbs back.

Head.—Turn twice to right, twice to left, once to right, twice to left, once to right, back to front; drop hands to side, and close to a fist.

Shoulder.—Raise right shoulder as high as possible four times, raise left four times, raise right and left alternately four times (left going up as right goes down), raise both together four times, drop hands to side.

Arm.—Throw right arm to horizontal at side (hand closed tight) four times, throw left four times, throw right and left alternately four times, throw both together four times, and bring fingers to tip of shoulders, upper arm horizontal, elbow pointing to front.

Fore-arm.—Throw right fore-arm to front on the elbow, as a pivot, until the whole arm is horizontal (closing the hand at the throw) four times, throw left four times, throw right and left alternately four times, throw both together four times, and carry arms to side, horizontally stretched out, with palms up, and fingers closed in a fist.

Wrist.—Turn right fist up as far as possible four times (elbow stiff), turn left up four times, turn right and left up alternately four times, turn up together four times, and bring arms to horizontal stretch, front, palms down, fingers together and closed.

Hand.—Open right hand and stretch every finger four times, open left hand four times, open right and left alternately four times, open together four times, and bring hands to hips.

Trunk.—Turn as far as possible to right (holding trunk firm, turning face at the same time, heels firmly planted) twice, turn to the left twice, turn to right once, and back to position.

Thigh.—Carry right leg across left (crossing left thigh as far up and as close as possible, knees stiff) four times, carry left leg across right four times, carry left and right across each other alternately eight times.

Leg.—Raise right leg as high as possible behind (on the knee as a pivot) four times (thigh remaining vertical and firm), raise left leg four times, raise right and left alternately eight times.

Foot.—Raise right foot on heel as high as possible four times, raise left four times, raise right and left alternately eight times.

The position is very important, and the leader should insist upon it before the exercise begins. The body should hold the original position, with such changes as are indicated, firmly, so that only certain muscles are in use at once. Thus, when the arm is used, the body should be stiff and firm.

Head movements should always be slow, but firm—never with sudden force. Hence they are taken on the first beat of a measure only, or on 1 when counting 1, 2, 3, 4. All other movements are done with a spasmodic action, faster, using every other beat of 2—4 or 4—4 time, or on 1 and 3 in counting 4. That is, the movement is made on 1, and the return to position on 3. This exercise can be taken to any even 2—4 or 4—4 time, a pot-pourri of popular airs being pleasing, or any quick step or polka.

These movements aid in bringing the muscles under the control of the will, and promote ease and grace of movement; also, as they force the mind and muscles to work together, they are a very valuable stimulus to the mental faculties, and, if enthusiastically and earnestly carried out, their influence will be felt in all mental work.

(To be Continued.)

**WOMEN MUST WORK.**—Unfortunately a great number of women must work for their own subsistence. Whether the men are growing in worthlessness, or whether the women are growing in numbers beyond the ability of these men to care for them, the fact exists that the proportion of women compelled to work is yearly on the increase. The only hope, then, is to educate the sex to fill every place proper for it, and thus to create an influential body of intelligent and skilled working women, who will exert an influence on the body politic necessary to establish and maintain their rights.



## MONEY MAKING FOR LADIES.

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TURKEYS, too, are profitable on the same conditions that are necessary in regard to hens—care and intelligence. A flock of well-grown turkeys, according to a rural paper, make such an agreeable addition to the receipts of the farm, and they are often raised with so little trouble that the seeming indifference of so many farmers with reference to them is something to be wondered at. The rules for breeding are simple and easily understood; and fortunes are due to two prominent causes; one the weather, which in some seasons puts at fault the utmost possible care; the other, negligence.

A hot and dry season is almost an essential for success with turkeys. This is so important that it is of little use to be in haste to get turkeys hatched early as with chickens; though old birds are tough enough, young ones are exceedingly tender. If brought out by the 1st of June it will be generally early enough. Even if they live through such chilly and damp weather as is common in May, they will not grow much until hot weather and insects come to their relief; but let them hatch out in June in weather which drives the breeder to the shade, and little turkeys greatly enjoy it. They will stretch themselves in the sun, and "lay off" with every token of delight. Damp, chilly weather is their ruin, rain abomination, morning dew a poison save to blight the hopes of inexperienced and careless breeders. Turkeys must be allowed to range very freely to ensure success, but not while the grass is wet; that is, during the first two months or so of their lives. After that one need not be so particular.

These little turkeys require an unlimited supply of varied, fresh, green food, especially lettuce, dandelion leaves, dock, young nettles, and onion tops; and they must be fed entirely on soft foods for some weeks, gradually introducing grain in small portions for the first few months.

The poets frequently allude to him. Hurdis, in his "Favourite Village," says:—

"Anon is heard  
The turkey gobbling at the whistler boy  
With hollow throat profound, as mid his dames  
He strut with swelling plume, crested fan,  
Low curtsied wing, and countenance inflamed."

## SOCIETIES, &amp;c.

Mercy Grogan has written a very admirable little work \* in which she says—"one of the most pressing social problems of the day is how the immense number of women—greatly outnumbering the men—in England at the present time are to be supported. The obvious answer is that they must be taught and encouraged to support themselves."

"The great difficulty," she adds, "ladies usually find in securing congenial and sufficiently well-paid employment arises from the pressing necessity they are generally under of earning money at once, which prevents them from giving the necessary time to learn the calling they may wish to adopt."

She then tells us that "any of her readers who want personal advice as their qualifications can go to the Society for Promoting the Employment of Women, 22, Berners-street, Oxford-street, W. The secretary and under secretary are both able and willing to give advice and reliable information without any fee. Hundreds of women have obtained employment through its free register. There are generally about ten visits a day, and it is really central spot for the collection and diffusion of information bearing on the employment of women."

Its income is very little over three hundred a year, but it has trained yearly on an average thirty young women, obtained regular employment for sixty-three, and occasional employment for many more.

For those who wish to enter upon education, which many still think the best employment for women, and under certain circumstances the most remunerative, there is the Training College for Teachers in Middle and Higher Schools for Girls, Skinner-street, Bishopsgate. The college year is divided into three terms, and

the attendance is ten until four, except on Saturday. The fees are £8 a year, payable in advance.

Then there is the Teachers' Training Syndicate of Cambridge, which issue the following scheme:—

1. An examination in the theory, history, and practice of teaching for persons who have completed the age of twenty before June 1. Candidates must have graduated in some university; obtained a certificate in one of the higher local examinations of the Universities of Oxford or Cambridge, &c., &c.

At Girton College, Cambridge, the course for the ordinary degree certificate occupies about three years, half of each year being spent in college. For honours the time allowed is somewhat longer. The academical year is divided into three terms; the charge for board, lodging, and instruction, is £35 per term, paid in advance. This sum covers the whole of the college charges. Candidates for admission are required to pass an entrance examination, unless they have previously passed one of the examinations approved by the college authorities, and to furnish a satisfactory certificate of character. For students intending to read for the ordinary degree certificate, October is the best time for entering. Candidates for orders will with advantage enter in April, thus gaining an additional term. Except in special cases pupils are not admitted under eighteen.

Entrance examinations are held in London in March or June, for which a fee of £1 is charged. There are several scholarships connected with the school, all particulars of which can be learned from Mrs. Croom Robertson, 31, Kensington Park Gardens.

A list has been published of the salaries paid at several schools, varying from £75 to £150. The Rugby Council for Promoting the Education of Women (Mrs. Kitchener, School House, Newcastle) publish a calendar with a list of qualified ladies. The entrance fee is 2s. 6d., with 2s. 6d. more when a situation is obtained.

Miss Bun, of the North London Collegiate School, has published a list of girls' schools with the salary of head mistress. The Girls' Public Day School Company pay good salaries. All particulars can be obtained at 112, Brompton-road.

With regard to artistic employments there are, in connection with the National Art Training School at South Kensington, ten Metropolitan Schools of Art. There are also local schools in the principal towns of England.

Free instruction is given for a period of seven years at the Royal Academy of Arts, Burlington House, to anyone who shows sufficient talent. Applicants for admission must have obtained a certain proficiency, and must deliver specimens of their work, with a printed form duly filled in.

There is great demand for skilful and original designers, and it is asserted that anyone with natural taste and invention can, if willing to work hard, learn in two years. Then come some months of study of the possibilities of the material to be designed for, such as glass, table linen, cretonnes, wall papers, &c. Many large employers employ designers at £100 a year and over, much to be done at home.

A school of wood carving has recently been established at the Albert Hall, where ladies can have that thorough training which alone brings success. The salaries to be earned varies from 12s. to ultimately £3 a week. There is a scarcity of very good wood carvers, so there is a fine opening here. Wood engraving will not be remunerative at first, but clever and persistent students will ultimately earn a good living. The City and Guilds of London Institute have established a technical class of wood engraving at 122, and 124, Kennington Park road, under Mr. C. Roberts.

Classes for pottery painting are held at Messrs. Howel and James, Regent-street. A previous knowledge of drawing is essential. Messrs. Doulton and Co. employ about 120 ladies permanently in painting on glass. For information ladies should apply to Lambeth School of Art, Miller's-lane, Upper Kennington-lane. Leather painting by women, painting on glass, decorative work, bring in a good income, when the learner is skilful. Misses Rhoda, and Agnes Garrett, 2, Gower-street, house decorators, &c., take pupils and decorators for

three years at a premium of £300. These two ladies owe their success to their admirable skill and their strict attention to business. Photography, painting on silk and cards, produce good incomes to good workers.

The success of women as doctors and hospital nurses is a subject well known to all.

Many houses prefer ladies as clerks, for which booking is essential, as also shorthand. Messrs. Kelly and Co. employ women and girls in the Post-office Directory Department, while in some stores ladies are admitted. The Prudential Insurance employ a vast number of clerks to copy and write letters from notes.

Messrs. Rothschild employ ladies as coupon sorters, the qualification being a good education. Messrs. Harveys also employ female clerks. Law copying is another source of income, while telegraphy employs a very large number.

In a large number of shops, the girls employed are ladies, daughters of professional men, clerks, and others. They must be fairly well educated, possess good manners, and if their conduct is not above reproach they are immediately dismissed.

A very great number of ladies learn at the National Training School for Cookery, Exhibition-road, South Kensington, to be efficient teachers in cookery, and generally do not find it hard to get engagements. The school employs many, and pays at the rate of £60 a year. Teachers of cookery can now pass through a full course of twenty weeks' training in cookery, and practice in teaching, at the National Training School for Cookery, at South Kensington. The fee is £20. Teachers in plain cookery can pass in ten weeks, the fee being £8 8s.

It is unwise for ladies to take up music unless she has sufficient talent to justify her in expecting to be a first rate teacher and performer. Second and third class teachers exist to a painful extent. For persons of exceptional talent, the National Training School for Music, Kensington Gore, is open for five years free to anyone who can obtain a scholarship, some free without limit of age. Engagements are not guaranteed, but the best is done to procure them!

Pupils are thoroughly trained in music at the Royal Academy of Music, Tenterden-street, Hanover-square, while at the London Academy of Music, St. George's Hall, Langham-place, Regent-street, is designed for vocal and instrumental students, amateur and professional, desirous of receiving a complete musical education in this country from the best London professors on the moderate fees of continental institutions.

(To be Continued.)

## HANGING PICTURES PROPERLY.

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No picture ought to be hung higher than the height of the average human eye when the owner of the eye is standing. It is the most universal rule in our houses to hang pictures much above this level, and they cannot be enjoyed there. If the picture is a portrait, or it has human faces in it, its eyes should look as nearly into ours as possible; and if there be no such simple guide perhaps a good rule will be to have the line that divides the picture horizontally into equal parts level with the eye. If one starts to hang pictures with the determination to place them so that they can be easily seen and enjoyed without stretching the neck in the least, or stooping the body, he will be pretty sure to do well.

In remote farmhouses and country taverns we often see pictures, particularly portraits, skyed as high as if their owners had been academy hangers, and the painters young rivals of a new school. We suppose that the reason is that the owners think a picture such a precious thing it cannot be hung too securely out of the reach of meddling hands. They are often not clear in their minds as to what the picture is meant for, and not finding it in any particular relation to human life or society they treat it with reverence and put it where it will disturb them as little as possible. But as people come to enjoy pictures and to get some intellectual, spiritual nourishment out of them, they want them as they want their books, where they can see them and use them.

\* "How Women may Earn a Living."





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(Continued from page 312.)

## AN ODD GARDEN.

BEFORE going into further details of kitchen, flower gardens, &c., we will give the experience of a friend who was a born lover of flowers, and who will tell her own story.

"I once lived three years in the country. Our family moved very early in the spring to a house a short distance from a pleasant country village. Here we had but one half of a large front yard, and as the addition to the house containing the dining-room and kitchen extended along the front, I had also a large yard in front of that. This was separated from the first yard by a fence, and both were enclosed by a fence. As soon as we were settled I proceeded with the children to look about the premises. Both the yards were covered with a dry, nearly dead grass. In yard No. 2 was a sickly-looking lilac tree; in the other a few straggling rose bushes. The prospects for a garden were not encouraging, but we were determined to have one, so, as soon as possible, we commenced. I marked off a large rectangular bed in each yard, leaving a border of grass about a yard wide. Then we began digging, the boys working at it before and after school hours, and I digging whenever I got a spare moment.

"We blistered our hands, and had aching backs, but we persevered, and at last finished it. We got laughed at for our pains by some of our neighbours; but we were not discouraged. We divided each bed by a path through the centre.

"Near the shed I found an old chip-yard, and the dirt was rich and black. With a wheelbarrow we put many loads of this on the garden. Down the road a short distance was the site of an old carpenter's shop. With the permission of our landlord we took possession of a pile of decayed shavings, and transferred it to our ground.

"All the dish-water and wash-water, &c., was thrown on the yard, and the grass sprinkled with all the wood ashes we had. Money was not very plentiful in those days, but, by dint of saving, I contrived to send a small order for seeds and plants to a florist. In a few days they arrived, in fine condition. I placed all the plants in pots and boxes of earth, and put them in a cool room. Some of the seeds I planted in shallow boxes of earth. There were a dozen named verbenas; these I planted out in the latter part of April, in the lower half of yard No. 2. There were cold nights, and one or two snowfalls after this, but I kept them covered with inverted flower-pots, uncovering them only when it was pleasant. On each side of the fence that divided the two yards I spaded the earth up; on one side I sowed sweet peas, dropping several at a time, and placing them several inches deep in the earth. On the other side of the fence I placed six bouquet dahlias of various colours. For a border to yard, I sowed mixed petunias, and over the garden various flowers.

"The verbenas, having such an early start, grew rapidly and bloomed early. Showing very large heads, and spreading fast, I pinned them down, and they soon covered the bed with their beautiful scarlet, white, pink, blue, purple, and variegated blossoms. The sweet peas, with the aid of strings, soon climbed to the top of the fence. There was every imaginable shade of colour, and I used to feel when approaching the house as if a piece of a rainbow had fallen and rested on the fence. The clematis reached the top of the post, and later in the season was covered with its fine white flowers, among which the blossoms of the scarlet nasturtium shone out like flame. The bouquet dahlias were very lovely, one of them especially being the finest I ever saw, there being two colours—a very dark maroon and a very bright pink—in the same blossom.

"Madeira vines covered the window, and late in the season bore a profusion of their fragrant flowers. Over another window I had trained

the scarlet opuntia, and in August it shone out in its red dress.

"My garden was a success.

"During the next two years that I remained there I tried many different kinds of annuals, which I will tell you about some time soon. Of course, if the place had been my own, I should have planted perennials and shrubs, but as I did not expect to stay long it was not worth while. We also had a small vegetable garden, and, moreover, a hen and chickens. The hen was given to me by a neighbour on account of its persistency in sitting. I had no fancy varieties of eggs, but merely selected the larger ones of some bought at the village store, and out of thirteen eggs we raised eleven chickens. I am sorry to say we were obliged to keep them in close confinement a great deal of the time. At the end of three years, when we left and went back to the city, I had a hearty fit of crying on bidding good-bye to my garden and feathered pets. We had named each one of them, and were greatly attached to them."

The kitchen garden is to our general readers the most important consideration. If only we knew how to cook vegetables as foreigners do! An enthusiastic traveller cries: "Vegetables! it is the Continent that is the paradise of vegetables! Listen," he said to a friend whom he met at an hotel, "I have been staying at this house now a week; at one service there was handed round luscious peas, simply delicious; deliciously served; appetising at the very look of it. A few minutes later came onions—the dish called (gardeners may know why, I don't) Oignon geant zitteau. It was every bit as satisfactory. Later there came *Chicorée de Rouen*; then *Chicorée Sauvage*. Now the *Chicorée de Rouen* might be an English dish easily, for Rouen was an English city for centuries, and *Chicorée Sauvage* is simply wild succory, as it used to be called in England, or wild endive; it was a common dish in old English cookery; no mediæval kitchen garden—of a good sort—was without it. But let us go back to my dinner tables. No, I will alter my words to *revenons à nos choux*. They cook cabbage admirably. Look at them, I say, as I saw them served here only the day before yesterday, and as I have seen them served at Munich, Pesth, Basle, and other places; and when you have looked at them compare them with the cabbage dish as it is in England—round, thick, solid, moist, and heavy—only to be rivalled by its fellow dish, its sister crudity, of a tumulus-shaped heap of steaming whole potatoes! Yesterday, also, we had a beetroot. The delicious *Betterave*. After this came radishes, and so on."

There is some truth in this, and very few English people know what can be done with vegetables.

The sowing of seed in the open is done by casting them broadcast on the surface, in rows and in tufts. Whichever way you go to work, see that the soil is carefully prepared by one or two diggings and manured according to the wants of the plants. Before beginning your work, fork up your ground and make it as level as possible. If you sow broadcast, it must be done with the hand, dividing the seed equally, and more or less closely according as the seed is to be thick or clear. To sow in furrows, trace a number of parallel furrows, putting the seeds in at distances to be decided by the size of the plant. To sow in clumps it is usual to make holes at equal distances with a hoe.

The fork first and then the rake are passed over the seed sown broadcast; the same instruments are used to fill up the furrows, packing in the earth that has been taken out. Some fresh mould over all is beneficial, and then water is given according to the state of the atmosphere and the needs of the plant.

If the seeds are fine, the less they must be covered; if too deeply sown they will either come up late or not at all. In spring and summer sow in the shade cabbages, turnip radishes, cress, &c. It will happen that some sowings will be failures, but the badness of the seed is not always the cause. Bad weather, cold rains, too hot a sun, the insects which devour the seeds and the young shoots, and ill-prepared soil, an unfavourable aspect, a late sowing, may have caused the failure.

Seed sown broadcast must nearly always be cleaned. This is very much the case with roots, such as carrots, parsnips, &c. Despite every care you will have to hoe, weed, and rake. Many

plants require earth to be raked up and round them, like potatoes, to protect their roots, others, like celery, to whiten their roots. Another way to treat celery and other plants is to dig a trench deep enough to receive them, upright almost, then lay them against a bed of straw on one side of the trench, and then throw earth over to blanch them and keep out the cold.

Some vegetables require for blanching to be tied up, such as chicory, cos lettuces, carrots, &c.

Haricot beans, peas, and such like must have sticks planted beside them at an early date. Some plants require to be planted in beds at the foot of trees.

Beetroot can be sown broadcast or in trenches in March or May. This is a hardy biennial, native of the south of Europe, on the sea coast. The boiled root is eaten either cold by itself or as a salad, and some people like it pickled. It prospers best in a rich deep soil, well pulverised by the spade. If manure is required it should be deposited at the bottom of the trench in preparing the ground. It should be sown in drills fifteen inches asunder, in April even if the weather is propitious. The plants are to be thinned later to about eight inches apart in the lines, but not more, as moderate sized roots are preferable. The plant should grow to the end of October or later, when a portion should be taken up for use, and the rest laid in a sheltered corner and covered up from frost. The roots must not be bruised, and the leaves must be twisted off—not closely cut, as they are then liable to bleed. In the north the whole of the crop may be taken up in the autumn, and stored in a pit or cellar beyond reach of frost. If it is desired to have fresh roots early, the seeds should be sown at the end of February or beginning of March; and if a succession is required a few more may be sown by the end of March.

The yellow beets are not appreciated at table, and the white sugar beets are not suitable for garden culture. The best are for ordinary purposes, Egyptian or early round red, very early; red Castlenaudry, the type of our best long beets; Carter's perfection of beets; Sutton's dark red; Dell's crimson, or Osborn's select.

Nasturtiums should be sown in April in good soil. It should be carefully raked and frequently watered. It is used as ornaments for salad; the fruit picked early makes an excellent substitute for capers.

The nasturtium or Indian cress, *Tropæolum magus*, is a perennial climber, a native of Peru, but in cultivation treated as a hardy annual. This plant should have a warm situation, and the soil should be light and well enriched; sow thinly early in April, either near a fence or wall, which may be utilised for its support, or in an open spot where it will require stakes six or eight feet high. The flowers are no less ornamental than useful.

Cardoons require a deep, well fertilised soil. They should be sown two or three in a hole some little distance apart. "The cardoon," says Mr. Moore, "is a perennial from the south of Europe and Barbary, and is a near relative of the artichoke. The edible part called the chard is composed of the blanched and crisp stalks of the inner leaves. Cardoons are found to prosper in light soils. The seed is sown annually about the middle of May in shallow trenches, like those for celery, and the plants are thinned out to ten or twelve inches from each other in the lines. In Scotland it is best to sow the seed singly in small pots, placing them in a mild temperature, and transplanting them into the trenches after they have attained a height of eight or ten inches. Water must be copiously supplied in dry weather, both to prevent the formation of flower stalks and to increase the succulence of the leaf stalks. In autumn these leaf stalks are applied close to each other, and wrapped round with bands of hay or straw, only the points being left free. Earth is then drawn up around them to the height of fifteen or eighteen inches. Sometimes cardoons are blanched by a more thorough earthing up, in the manner of celery, but in this case the operation must be carried on from the end of the summer. During severe frost the tops of the leaves should be defended with straw or litter. Besides the common and Spanish cardoons, there are the prickly leaved Louis, the red stemmed, and the Paris cardoon, all of superior quality, the Paris being the largest and most tender. The common artichoke is also used for the purpose of producing chard.

(To be continued.)



## HEALTHY AND COMFORTABLE HOMES.

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(Continued from page 315.)

## THE BEDROOMS.

VARIOUS are the theories respecting bedrooms both as to what they should and what they should not be; and seldom is one seen that satisfies the eye in every respect. Bedrooms are divided into classes, sometimes only forming one of a suite consisting of sleeping-room, dressing-room, bath-room, and boudoir or study, but oftener combining all these in one, the furnishing and fitting up to be regulated accordingly, as what would be suitable and even necessary under one arrangement would be quite out of place under another.

The one-room arrangement, or, at the most, with one small room or large closet connected with it, is that most frequently seen, and the one most open to criticism, as it is apt to be furnished on one of two extremes; it is either bare, cold-looking, and uninviting, as though any place were good enough to sleep in, or it is over-loaded and fussy, so that "in the midst of lace bed-curtains, muslin toilet covers, pink calico, and cheval glasses, one may fancy one's self in a milliner's shop."

There is a strong individuality about bedrooms, and at a glance one can tell "mother's room," where bed, easy chair, table, and other belongings are usually on a double or treble scale, as though in the habit of accommodating numerous inmates, and the æsthetics of life are crowded out by homely comfort and convenience; the bachelor uncle or brother's room, furnished primarily and principally with newspapers and cigar-boxes, and adorned with a meerscham pipe or two, and a photograph, perhaps of Miss Ida Brass as somebody, and Mrs. Dareall as somebody else; the young lady's room, with everything dressed in muslin flounces, and running either to pink or blue; or grandmother's room, with its uncompromising four-post bedstead, old-fashioned three story bureau, and huge easy-chair so dear to the hearts of old ladies. The boys' room and the children's room has each a separate look of its own; and the latter, with its little, snowy draped bed for six-year-old Alice, and pretty, swinging crib for two-year-old Floy, is, perhaps, the very sweetest looking of them all.

Carpet and wallpaper in a bedroom must in a measure be determined by the fact of a northern or southern exposure. In the former case a delicate pink, pale green, or dainty buff will give a more sunny tone; while French grey, blue, or cream colour may be used where there are floods of sunshine. If bordering can be found of roses and buds, morning glories, daisies, or primroses, according to the paper, the effect will be perfect; but such exceptionally desirable things have usually no foundation in fact. A cottage bedroom papered with small pink roses on a satiny white ground is a very pretty thing; but if the furniture is figured, the wall must not be so too, in spite of the fact that wallpapers are imported to match the different cretonnes.

A bedroom carpet should *not* have a black ground, as this imparts an air of heaviness, if not of gloom, where the general effect should be light and airy. A nice rug, even if home-made, before the dressing-table, another in front of the fire, and a third at the bedside, would help to furnish a painted floor or the humblest apology for a carpet. Straw matting is the next best thing to no carpet at all, as the absence of a woollen floor covering is particularly desirable in a bedroom. It is also a great saving of expense, as a carpet is usually the greatest cost in furnishing a room. Japanese matting bordered with plain woollen stuff of a colour to harmonise with the wall and furniture covering will answer every purpose.

But when money is not scarce, and the principles of hygiene are a sealed book, the housekeeper hugs her carpet to her heart and will not give it up. Let it be a soft grey, then, of the smallest possible pattern, either with or without a border.

The principal feature in a bedroom is the bed, and this should be comfortable if it is, at first, the only article in the room. The young housekeeper of small means sighs over the dreadful cost of hair mattresses—"things that

do not show a bit, you know," but which must, nevertheless, be had. "Considering," discourses someone, "that about a third of our lives is passed in beds, they deserve much more attention than they get. France has long been in advance of the rest of the civilised world in this, having really paid as careful attention to excellence in this respect as to that of cookery. The grand secret of the superiority of French bedding is to be found not merely in the existence of good springs and well-filled mattresses, but in the fact that these mattresses are pulled and re-made annually. This is the reason why beds in other countries are generally such a mockery of the French beds which they are intended to imitate. French houses usually have a courtyard in which carpets are beaten and various other domestic business transacted, and here in fine weather may be seen the practice of mattress-stuffing. An old mattress, on which heavy bodies have lain for a series of years, becomes, no matter how well filled with horsehair, nearly as springy as street car-cushions. If you want a comfortable bed, here is the unfailing recipe:—First, very good springs; secondly, a thick hair mattress over them. Both mattresses should be re-made every two years."

This, however, is a very expensive bed for a beginning, and an exceedingly comfortable and low-priced one can be made of springs that fasten into the slats, and are bought by the dozen, and a mattress of well-picked corn-husks with a cotton top. A hair mattress may be placed on the list of things to be had "when the ship comes in."

It is not necessary that the bedstead should be made of anything more costly than cane or iron. Either of these materials is light and graceful-looking, and may be made very pretty with a little gilding. The rattan is both durable and elastic, and forms a springy back for chairs that is very comfortable. Two things should always be low—a bed and the seat of a chair. Nothing conduces so much to one's comfort. A child's crib of cane is not only pretty in itself, but so thoroughly adapted for ventilation that it is always sweet and cool.

Head canopies, so much in use, have a very inviting effect. They are not objectionable in regard to ventilation, like close curtains, and they can be arranged with very little expense on almost any bed. Take two upright pieces of wood, two or three inches wide, and as high as is desired for the canopy; have two short projecting side-pieces fastened at the top, and with these support a horizontal strip, the whole forming a framework, which may be covered with coloured cambric stretched tightly over it, and afterwards with dotted or plain Swiss, or any other thin material that may be desired. The curtain part is then gathered on to the back, sides, and front of this oblong frame, which should project not more than half a yard or so from the head-board; then ribbon to match the colour of the cambric loops them back at the sides, where they are fastened to the strips of wood. The curtains may also be lined with cambric or silesia, which is softer.

Should the bed stand with one side against the wall, as it must where it is desirable to economise space, a very pretty canopy can be made on a frame shaped like half of a circle, with the rounded part in front, and supported at the back with a narrow strip of wood fastened to the side of the bedstead, and also secured at the top against the wall. This is also to be covered with cambric and draped all around, the drapery at the back coming in *front* of the wooden support to conceal it. If the rounded top can be fastened to the wall (bracket fashion) without the strip of wood it will be all the better, and a pretty finish can be made when the curtains are attached to this frame by a pointed valance of the cambric, covered with the thin material, and trimmed with a plaiting or fluting of the same or lace. The trimming on the curtains should be of the same, and they may be gracefully laid back over the head and foot-board.

A canopy of this sort gives a peculiar grace and quite an elegant look to the whole room, and curtains of dotted or figured Swiss, with the same at the windows, have a fresh, airy appearance that is very desirable in a sleeping-room.

White is certainly the prettiest and most suitable covering for a bed, but chintz to match

the curtains, and lace lined with pink or blue, are frequently used. "In some spare bed-chambers, when thrown open at dinners or balls for the use of ladies, the sheets and pillow-cases of the bed are of exquisite rose or pale blue washing silk, edged with full ruffles of costly lace or flat bands of old Italian point, monograms in a deeper shade of silk being worked in the corners. The coverlet varies, being sometimes an eider-down in silk and lace, or of white velvet painted in water colours, or of silken brocade or embossed velvet, matching the bed and window-hangings, edged with deep lace."

Those who wish to be elegant on a less expensive scale than this, embroider Bolton sheeting in crewel, with pretty and suggestive designs, such as poppies, morning glories, &c., or use silks for the same purpose in chain-stitch or other outline work. Many charming coverlets not put down in the books can be made by those who have some degree of artistic taste, without resorting to costly materials or spending weeks of valuable time over their ornamentation.

Feminine ingenuity has fairly exhausted itself on the subject of "pillow shams," which are embroidered and trimmed in almost every known device, and they certainly are valuable aids in giving a bed that look of spotless purity which is one of its greatest charms. These are made of linen, muslin, or Swiss lined with cambric, and finished with broad hems or fluted ruffles. The thicker material is embroidered often with only the initial or monogram, but "a beautiful design for pillow-spreads is a bunch of poppies on each, worked in outline in red and black silks, with 'Good Night' on one spread, and a bit of morning glory vine with 'Good Morning' on the other."

A bolster rounded at the ends gives a stylish look to a bed, and the case is made by cutting the linen or muslin, as usual, of the proper length and width, and finishing with eyelet-holes at a little distance from the edge, through which a ribbon is run to draw the ends together. The edge should be button-holed in scallops, and an insertion of antique lace or Venetian embroidery not very far from the eyelets is a great improvement.

A very nice and economical "comfortable" can be made of *white* paper muslin, the glazed surface of the material preventing it from becoming easily soiled; and when tufted with red, pink, or blue worsted it is a very pretty bed-warmer. About eight yards of muslin and three bales of cotton-batting will be required, and this, with a pair of good blankets, will be sufficient covering for most people for the coldest weather. Pink or blue muslin may be used in place of white, and tufted with worsted to match.

With the description of a most attractive bed full justice will have been done to this part of the subject:—"The bedstead of elderwood is painted white, varnished, and ornamented with red, blue, and green Turkish arabesques. The bedding consists of a spring mattress and a curled-hair mattress. The linen sheet is hem-stitched on the ends. At the head and the foot of the bed are bolsters filled with curled hair, the length of which corresponds with the width of the bedstead. The bed is also furnished with a large and a small square pillow, and an *édredon*, or down quilt. The fine linen pillow-cases are trimmed with embroidered insertions and ruffles, and the upper side of the case for the *édredon* is trimmed besides with embroidered foundation figures. In the centre of the case for the small pillow is a monogram."

An inexpensive material for bedroom furniture is the painted or enamelled ware so much in use, but which can be made with super-abundant ornamentation to cost as much as walnut or rosewood; but the more flowers and gilding it has the less it pleases a correct taste. A body-ground of palest pink or grey, with a band of deeper tint, and the monogram perhaps in gilding, is much more suitable than gaudy decoration; and by taking it from the hands of the manufacturer before it is painted one's individual fancies in the way of colouring may be carried out at leisure.

A couch or lounge is quite a necessary piece of furniture in a bedroom, in order that the bed may be kept in the immaculate condition which is its principal charm, as "throwing" one's self down on it for an afternoon nap is no improvement to snowy covers, and gives a



generally untidy appearance. This resting-place should be low and broad, and comfortable enough to serve as a bed on occasion, and covered with chintz or other material to match the furniture. Unbleached muslin, with stripes of blue or pink or Turkey red—the stripes two and a half inches wide and about five inches apart—is very pretty for bedroom use; and those who have the time and patience to do the work will find bed-ticking, embroidered with different coloured zephyrs in quick, running patterns wonderfully handsome and odd-looking. There is much choice to be made in the style of bed-ticking.

(To be Continued.)

## HOWARD PAYNE'S SWEET-HEART.

—:O:—

DEATH OF THE LADY FOR WHOM "HOME, SWEET HOME" WAS WRITTEN.

MISS MARY HARDEN, the *fiancée* of John Howard Payne, and the lady for whom he wrote his "Home, Sweet Home," died in Athens, Ga., recently. It is claimed that the original copy of "Home, Sweet Home," was buried with her, as it was interlined with love declarations from Payne, which the lady did not wish to have fall under the eyes of the public. She had been offered large sums for the manuscript, but always declined to part with it. Miss Harden passed her seventy-eighth year on her last birthday. Probably not half a dozen persons outside of Athens knew that the quiet little home on Hancock-avenue had the remarkable lady, and many residents of Athens even had lost sight of this aged and unobtrusive person. Her father was General Harden, of Savannah. He was wealthy and influential, and prominent in social circles and in politics. He gave his daughter every advantage; particularly was she versed in French—a language which she maintained with many of the graces of that life and literature while a girl. She was reared in a French family, and subsequently even learned the use of the rapier, practising regularly in fencing exercises. She spent several years in Europe, completing her education in Paris, and supplementing a fine training with the fulness and breadth of travel. While still quite young, her father, General Harden, was appointed Commissioner to treat with the Cherokee Indians, and resided in Rome, Ga. It was here that a romance entered her life which gave it an interesting colouring toward the close of her days, but which did not affect her at the time. One of the agents or assistants in this Indian transaction was John Howard Payne, a young man from New England. He went to Athens with General Harden, and met and loved his daughter Mary. Payne was ardent and pathetic, but the young girl was not touched by his wooing. She was clear-headed, sensible, practical, and does not seem to have cared much for society, or to have allowed her thoughts to turn to love. Payne loved on. He wrote her. Sometimes his appeals were in verse; always ardent. It was to her that his soul, trouble-rocked and tempest-tossed, indited those beautiful words, "Home, Sweet Home." The manuscript Miss Harden preserved and prized.

When General Harden died at Atlanta it was found that his estate was involved, and much of his property swept away. His daughter went bravely to work with her French translation, and made a living. She did much work of this sort for large business houses, and translating diplomatic matters. The French Legation in Washington used to keep her constantly employed. The purity of her French and the elegance of her English made her invaluable.

In this way Miss Harden soon acquired enough to buy back much of her father's property. The house in which she died was one of the places reclaimed by her indomitable work. She accumulated a competency which sustained her through life. She was worth about 25,000 dols., and leaves beside city property, stocks, bonds, and valuable jewellery. Among the latter treasures, in a city bank are some costly trinkets presented her by persons of title and station when she went to Europe.



## RABBITS—(Continued.)

—:O:—

(Continued from page 315.)

MANY persons object to rabbits being allowed to live. In Australia they have become a nuisance, because, being allowed to grow wild, they have multiplied to a marvellous extent, and seem to be occupied in eating up everything green.

If we could get them at the price they are sold at in Brisbane, from twopence to fourpence each, we should only be too grateful. Unfortunately, in this country they are a luxury.

Mr. Lloyd Price, in his work on "Rabbits for Profit and Rabbits for Powder," an excellent manual for amateurs, gives good information and good advice.

"Rabbits, tame ones at all events, certainly received a certain amount of attention from our forefathers, for, in 1580, we find 'Tusser,' who makes the earliest mention extant of this species of animal, saying, when writing the abstract of 'January's Husbandry':—

'Let doe go to buck,  
Wish "coney" good luck.'

The word "coney" being evidently derived from 'givenhingen,' the word for rabbit in my own language—the Welsh, which, again, can easily be traced to have sprung from the Latin *cuniculus*." The ancients evidently regarded the rabbit also as being a source of profit under certain conditions, as in 1631 we find Gervase Markham, in his "Way to get Wealth," dealing in an elaborate discussion on the various sorts of what he calls "these tame, rich conies," and giving minute instructions for—according to his lights—keeping them at a profit. So, again, nowadays people have got it into their heads that there is money in rabbits, as there certainly is sport; so the indication in a practical manner of the most likely means to verify this conclusion was the object of the series of articles written for the *Field* newspaper at the request of the editor, of which this treatise is partly a reprint.

The first few chapters will be found to treat upon and explain, it is hoped clearly, an excellent though somewhat novel system for rearing rabbits in confinement, whilst yet they enjoy all the advantages and none of the drawbacks of freedom.

This interesting and very remunerative method of rearing rabbits in large quantities has not hitherto been sufficiently well known to attract the many votaries who are certain, when better acquainted with this new industry, to worship at its shrine. The capital required for rabbit farming upon this principle is but trivial. A five-pound note will provide anybody with three hutches and sufficient stock for them, as a trial essay. It is a pursuit essentially adapted for the amusement of children, while adults will find their rabbits quite as fascinating a study as the domestic fowl, to which so many persons devote their time and talents; whilst, on a more extended scale, the small freeholder, farmer, market gardener, or anyone with a few acres of grass land at his disposal, rabbits will be found a remunerative and not very troublesome addition to any other kinds of stock that may already be in possession, while the value of this system for increasing and improving the quality of the herbage is unassailable. The old proverb, "give a dog a bad name, and he will keep it," is equally applicable to rabbits. It has been constantly asserted that they are the curse of the country, and all the force and influence of the British Government was, a few years ago, expended on a measure for, it was supposed, their total abolition—surely an attempt to rob the poor man of his favourite food! But listen to this, oh ye farmers who find rent-paying a difficulty. A cow consumes daily as much grass as will 150 rabbits. The 150 rabbits will in twelve weeks realise, at 1s. 6d. each, £11 5s., whereas the produce from a cow during twelve weeks will certainly not amount to £6. Bully for bunny!

Again, the list of animals which comprise our food supply is but a very limited one, and has been but slightly, if at all, increased since the days of the Patriarchs, consequently any man who can introduce a little change into the national diet, may be regarded in some degree at least, as a benefactor to his species.

No claim whatever is laid by the present writer to the invention of this new system, though a few improvements thereof he may possibly be accredited with. His share has principally been confined to experimenting on the various breeds of rabbits with a view to discovering the most suitable and remunerative sort of rabbit farmers. This he has, he believes, accomplished, and a full description of what is believed to be the best breed of rabbit for hutch farming, will be found in the following pages.

Now a few words as to the second or more sporting portions of these letters. It has begun at last to dawn upon the much harassed mind of the game preserver in general, that pheasant shooting, though pleasant enough, particularly in wild coverts in a mountainous country where birds must fly high—which must be also, unfortunately, usually the most expensive and difficult location for the rearing of tame game—has become of late years too expensive an amusement to be indulged in—thanks to agricultural depression and other causes—with impunity, while, owing to the Ground Game Act, and the efforts of successive Governments to render any sort of preservation as difficult as possible, rabbit shooting is rapidly becoming a dream of the past; so it occurred to the author of these remarks that a few suggestions as to the best method of combining good sport—for rabbit practice in heather, fern, or any other good covert may very justly be so termed—with at least the minimum of expense, if not with a somewhat reasonable prospect of a certain amount of remunerative interest in the end for capital expended in fencing, etc., may not be altogether unacceptable to brother sportsmen—it having been the good fortune of the writer to have enjoyed, through the kindness of friends in different parts of the British Islands, for the last few years, unexceptional advantages for practical experience in shooting through and comparing with each other a good many of the best rabbit warrens that exist for sport first, and for profit as a secondary consideration.

To a third, and probably still more lucrative plan for the production of a large supply of rabbits in the market—i.e., the warrens situated by the sea-shore, and of which the ocean forms one side of the fence, the interior consisting principally of sandhills, and the food of the inhabitants mostly of "bent" or "brent" grass, and in which no shooting whatever is allowed, the ferret and purse-net doing the work of destruction surely, silently, and more profitably, it is hardly considered necessary to allude, so few persons being in a position as owners of a convenient sea frontage in remote districts—where the poacher cometh not—to carry out these lucrative undertakings. A passing word of advice to any on whom fortune may have smiled sufficiently to have presented them with the proprietorship or tenancy of such favourable localities for rabbit culture, not to neglect their opportunities, may be deemed sufficient. My readers will, I trust, excuse me for the casual manner in which now and then this important rabbit question is treated, and the occasional inconsequent jumps from one subject to another, which, without rewriting the whole of the published matter from beginning to end, it is impossible to eliminate without the expenditure of more time than is just now available. I can only plead an excuse that the articles were originally written solely for weekly—i.e., ephemeral publication, and not with any idea that they would receive the compliment of a "permanent situation;" and again I must allude in apology to the levity, or, better word, "chaff," with which in some instances the explanations are leavened, only begging those who may honour these pages with a perusal to bear in mind that a rabbit, in the best regulated household, is considered but a dry subject if when boiled down he is not smothered with a somewhat pungent and highly-flavoured sauce.

By some this useful little animal is much maligned and unjustly condemned. "Unjustly



contemned," I think I hear some youthful reader exclaim; "not at all. We have tried it, and can state, without fear of contradiction, that rabbit-keeping can never be made either a profitable business or an agreeable pastime, and that the only return for your industry and capital is disgust and disappointment. We built a most comfortable hutch, and furnished it after the approved fashion. We stocked it with sound, lively animals, and fed them with all their hearts could desire. What was the result? The bucks grew gaunt and ragged, and fought and mauled each other like tigers; while the does either turned cannibals, and devoured their children as fast as they were born, or else starved the majority through sheer indolence. They ate like wolves, and as to the house they lived in, it was an offence to the nose to approach it."

"Alas!" cried Beeton in his "Book of Tame Pets," "a pity it is that an animal of this abused species—some experienced, motherly old doe, for instance—couldn't be for a little time endowed with reason and speech, and show him the other side of the story."

"Anybody," says Cobbett, "knows how to run up a rabbit-hutch;" and who shall tell the misery this doctrine has brought on rabbit kind?

Nothing can be more fallacious than the doctrine that everybody knows how to knock up a rabbit-hutch.

(To be Continued.)

## IN THE LAUNDRY.

—o—

THERE is no part of the regular home work that is more difficult to have done right than that belonging to the laundry. Whether the washing and ironing are done by the regular servant or servants, or an extra woman is called in to help, the same trouble is experienced. Bad washing and ironing are the rule rather than the exception. Blue Monday is the dread of every mistress of the household, and, instead of improving, matters are taking on a deeper and deeper indigo dye.

The total ignorance of the entire subject displayed by the majority of women who set up to be good laundresses is appalling. The statements they make regarding their abilities is shocking to anyone who has any regard for truth; for what servant girl in search of a situation ever acknowledged, when questioned, that she was not a first-class washer and ironer?

Laundry work is not hard as compared with many other branches of house work, provided it is done in the right way. It is easily mastered even by an ignorant servant, and there is no reason why it should not be well done.

One great source of the trouble is that the mistress herself is not able to give any instruction on the subject, although she knows how the clothes ought to look, and complains—as she has a right to do—when they do not approach somewhere near the state of perfection they ought.

The easiest way to solve the vexed question is for the mistress to inform herself fully as to the very best method of accomplishing the work and then instruct her servant, insisting that the rules laid down shall be followed exactly.

This is not nearly as difficult as it sounds. She may gain her information from some good laundress or from thoroughly reading up the subject, or from both sources, and impart her instructions orally. She need never do a washing or ironing or assist her servant by a hand's turn.

It will be necessary for her to be frequently on the scene of action for a time or two to see that the servant understands what she has been told, and does it, and to aid by suggestion and explanation. After a few times the work should go on smoothly.

A servant who has a good many things to remember, and lacks the training which makes remembering easy, cannot be expected to carry in her head all the instructions. All important items as to how the work is to be done, the quantities of starch and bluing to be used, how to prepare them, &c., should be written out briefly in a large plain hand and tacked up on the wall near where the work is to be done. It will be of great assistance, and remove all chance of a careless servant giving the excuse, "I forgot that."

Every home should have a laundry separate from the kitchen. It should be furnished with a stove, stationary tubs, a line for drying clothes in bad weather, ironing table and a closed closet for holding irons, ironing blankets, &c.

Besides the stationary tubs there should be provided three buckets, a movable tub of the smallest size, two large tin pans, two small ones, one tin pail of medium size, one large dipper, one large and one small basket, and two wooden spoons. It is wise to paint "Laundry" on each of these, and to forbid their being taken into any other part of the house. There should also be large and small clothes bars. The closet should contain a good supply of clothes pins, bags for straining the starch in and for holding small pieces when they are being boiled boxes of starch and gum-arabic, a bottle of kerosene, of washing fluid, and of bluing, a knife, a small cushion full of pins, a shallow tray of clean sand, a lump of beeswax done up in a cloth, ironing blankets and sheets, a bag of pieces of clean old muslin, a skirt board, a small board about eight inches wide by eighteen long for ironing shirt bosoms on, a tin clothes sprinkler, large and small clothes line, one polishing iron, and half-a-dozen irons. If they have not movable handles, at least four well padded, but not too thick, iron holders should be kept, so that a cool one can be taken whenever the one in use becomes heated through. As two persons are often ironing at the same time, four will not be too many. The holder should not be any thicker than is needed to protect the hand, as reaching around too thick a one is very tiresome.

It is a question whether or not it is desirable to use washing machines and wringers. We have found some washerwomen who could not be trusted with either; but when their use can be allowed they certainly save both time and work.

Tuesday is the best day in the week for washing. The clothes should all be gathered together in the laundry by noon on Monday in order to give the laundress time to sort them over and place in tubs such as are to be soaked over night. Soaking saves both time and much wear and tear of the clothes by doing away with a good part of the rubbing. The table linen and towels used for glass and china should be put into one tub, the bed linen, towels, and under clothing in another, and the coarser kitchen and dish towels in a third. Over these should be poured enough warm water to cover them, to which has been added soap and kerosene oil in the proportion of half a bar of soap and four tablespoonsful of the oil for every six gallons of water; or, if preferred, half a pint of the following washing fluid to the same quantity of water:—

**WASHING FLUID**—Dissolve one pound of soda in two quarts of water, add four quarts of clear lime water; stir, and when all sediment has settled pour off the clear water. In one quart of boiling water dissolve three ounces of borax and add it to the six quarts of clear water; when cold, add three ounces of carbonate of ammonia pulverised; as soon as it is dissolved pour off into bottles and cork tightly.

The above is one of the best of washing fluids, and injures the clothes less than most. We, however, prefer the kerosene; it does not injure the clothes in any way, takes the dirt out as if by magic, and leaves not the faintest trace of its odour on the clothes when dry.

The first thing in the morning is to rub the clothes out of the water in which they have lain over night. The tub containing the table linen should be taken first; as all stains will have been removed when they were put to soak by boiling water or acid according to the nature of the spot, there will be nothing to do but to rub them around in the water a little with the hands, pass them through the wringer, and place them in the boiler to scald while the second tubful is washed out. These will need a little more rubbing as a whole, but some pieces will be found to be perfectly clean without any.

The servant must be taught not to give just a rub or two to everything that passes through her hands, but to shake out and examine each article as she takes it up, and to rub only such places as need it.

As each new tubful is ready, the clothes in the boiler are lifted out, put through the wringer, and thrown into the rinse water. When taken from the rinse, all articles to be starched are laid by themselves in one basket, the others put into another and hung immediately on the line.

It is best to use hard water for rinsing. The amount of bluing to be added depends on individual taste, perhaps but more than removes the yellow tinge seems to us to spoil the look of any article. Indigo as bought at the drug store, crushed to a powder, and put in a bottle in the proportions of two tablespoonsful of powder to a quart of water, makes a good bluing. Enough should be added to make the rinse water a pale blue when a little of it is held up in the hollow of the hand. Clothes should always be thoroughly rinsed until all suds is removed from them.

Coloured clothes should never be boiled. Soap should never be rubbed directly on any article which will fade. Black goods and black stockings should be rinsed in clear water to which has been added a liberal portion of vinegar. Almost any delicate coloured fabric, especially buff and blue, will fade little, if any, if washed and rinsed in moderately strong salt water. When there is danger of the colour of any article changing it should be washed, rinsed, and starched (if necessary), and hung out on the line without laying it out of the hands.

Starching is a very important part of the washing. Good gloss starch should be used. Mix smooth a quarter of a pound of starch with one pint of cold water; set the pan on the stove and pour over it slowly, stirring all the time, one and a half quarts of boiling water. Let it boil at least twenty minutes. When taken from the stove stir in one large spoonful of kerosene. For a large washing more starch will be needed, while for a very small one a less quantity will be required.

The starch must be strained through a thin bag into a pan and diluted with water to the proper consistency. No matter how free from lumps the starch looks, the straining should not be omitted.

Some articles require but the least quantity of starch; others should be made quite stiff. The starch in the starching pan should be made very thin—nearly starch water—at first; then more strained in as stiffer is needed.

All white clothes should be left on the line or bleaching ground as long as convenient to keep them in good colour; but coloured clothes should be brought in out of the sun as soon as dry.

Clothes should always be properly and carefully folded, for if evenly sprinkled and smoothly rolled they will iron much easier.

Napkins and handkerchiefs should be folded but once, pulled straight, laid one on top of the other as they are damped, and rolled up tightly together in a doubled square of old muslin provided for the purpose. Towels should be rolled the same way, the fringe having first been snapped out. The fringe should be made quite damp before this is done; if dry it is soon broken and worn off.

Thin fabrics should always be rolled up in a coarse towel or piece of muslin to keep the outside from drying.

Clothes should be folded the night before ironing day. Then there is time to attend to all the little details, and by so doing the ironing will go on quickly and smoothly.

The ironing boards should be covered with a coarse blanket, over which a doubled sheet is tacked. The blanket for the ironing table should be folded at least four times, and the muslin sheet that covers it twice. Wide tapes should be passed under the table and fastened to opposite edges of the cover to keep it from working into rolls or wrinkles.

When the irons seem rough they can be scoured by rubbing them over the sand and then over the beeswax. When kerosene is put in the starch it prevents it from sticking to the iron. Irons when taken from the stove should always be wiped thoroughly, and when ironing collars, cuffs, or shirt bosoms a clean cloth should be placed over them until they have been ironed partly dry.

Table linen should be ironed perfectly dry, or it will neither be free from wrinkles nor have the desirable gloss.

"Jane, did I not tell you, if you were again tempted to eat the currants you must say: 'Get thee behind me Satan!'" "Yes, mum, an' I did, an' he got behind me and pushed me right into the currant bushes."

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## ELBOW-ROOM.

IN THE HOMES OF THE WORLD.

—:O:—

"There was an old woman lived under the broom,  
And all she wanted was elbow-room."

ELBOW-ROOM in a cottage is not easily found for a family of several persons. One excellent way to add to it is to utilise closet doors. In a one-story-and-a-half cottage "under the broom" the sleeping room of two persons is far smaller than it should be, is well filled with furniture, and has but one closet. The "old woman" was in despair for some months over the accumulation of small articles, which were all necessary, but gave a look of confusion to the room.

At last she had a bright idea. She took brown twilled linen and made a shoe-bag in the ordinary manner, making two rows of cases for boots, shoes, and slippers, and as many cases as possible in a row, binding the whole with crimson braid, as the decorations of the room were of that colour. This she put on with the lower edge quite at the bottom of the closet door. Then she cut out of the same twilled linen a piece to cover the remainder of that side of the door, and sewed it over with bags of different shapes and sizes. Down each side went long and narrow cases for parasols; across the bottom, between the parasol cases, were placed four plaited bags, which, primarily intended for gloves, are found convenient for many other purposes. Across the top were sewed two larger bags, one of which was destined to contain a duster, the other for any stray piece of unfinished work which may be taken up at any moment, yet is not wanted in the work basket. The centre was filled by a square case for "scraps"—a term which includes anything and everything, and, on the whole, is the best used of all the cases.

These are all bound with the crimson braid, and made somewhat pretty by outline work in the same colour. All this is on the inside of the door, and is only seen when the closet is opened. On the other side hangs the indispensable mending-bag with its bright ribbons, and, just beneath it, the equally useful button-bag of chamois leather, ornamented with paint and fringe and the legend "button, button, who has the button?" This little house is running over with books, magazines, pamphlets, and papers. After the bookcases overflowed, a shelf closet was given up for a book closet. Many pamphlets and papers are desirable to keep, at least for a time, but detract greatly from the orderliness of shelves and tables.

So the "old woman" made cases of dark blue cloth in a similar manner to the linen ones, and placed on the inside of the double doors of the book closet; first carefully measuring and leaving spaces of the plain foundation cloth where the edges of the shelves came, then fastening on with plenty of brass-headed, ornamental furniture tacks. The effect is really very good, and the relief of having a place where one is sure to find again their cherished "Speech of the Hon. So-and-So on the Necessity of Protection for Wooden Shoe-pegs," or one's "Knitting Book," is incalculable. This system of bags for doors was carried into the front entry, where, fastened on the inside of the stair closet door, they formed a receptacle for gloves, mittens, veils, canes, umbrellas, and overshoes. It is well to have the overshoe cases on a separate foundation for convenience in taking off for washing.

Thus far the "old woman" had managed alone, but now she called in the services of the "handy man." He made a wooden chest fifty inches long and twenty-four inches in both depth and width, with overlapping cover and spring lock. This, when thoroughly moistened on the inside with a preparation of cedar and camphor, is used every spring to hold the fur and woollen garments of all kinds, where they remain in safety from moth and dust until the following autumn, when they are taken out and their places filled with summer wraps and gowns, hats and bonnets. This was considered such a glorious success that other chests were made to contain extra bedding.

In this small house there is but one diminutive closet for china and silver; of the latter are many pieces which, seldom used but often cleaned, occupied both time and shelf room.

But the "handy man" made a box, after careful measurement of the articles it was to contain, stained it black walnut, and put on a lock and castors. Now, softly lined, and with a piece of gum camphor, put in when the silver was packed, to retain its brightness, it fills a retired corner where it is not unornamental, and the china closet is relieved of its surplus.

Time fails me to relate the various ways in which the "old woman" and the "handy man" continued to create elbow-room, till at last, her ambitions growing with success, she has called in no less a person than the village carpenter, and it is expected that their united efforts will result in yet more room for the elbows of the dwellers in the little house "under the broom."

## EGG COOKERY.

—:O:—

**EGGS CURRIED.**—Cut some hard-boiled eggs in halves; cut off all the white end sufficiently to make them stand upright; pour some curry sauce round them.

**EGGS POACHED IN GRAVY.**—Poach the eggs in gravy instead of water; serve them in their gravy if clear, or poach them in water and serve them with gravy poured round.

**EGG SAUCE.**—Make some butter sauce, and, if for fish, use the fish stock for the sauce. Cut up some hard-boiled eggs into little pieces and warm them up in the sauce. The eggs should be cut up very fine, but not quite minced.

**EGGS AND SPINACH.**—Boil some spinach, and when placed in a dish place some poached eggs on the top, or hard-boiled eggs (the shells being removed) cut into halves; press the halves of the hard-boiled eggs into the spinach to make them stand on end.

**BREAD OMELET.**—Put into a stewpan a tea-cupful of bread crumbs, one cupful of cream, a tablespoonful of butter, and a sprinkle of salt and pepper. When the bread has absorbed the cream break in four or five eggs, beat them a little with the mixture, and fry like a plain omelet.

**HAM OR SAUSAGE OMELET.**—Chop very fine one cup (or more) of cold ham or sausage, add eight well-beaten eggs, a sprinkle of salt and pepper; heat very hot two tablespoonfuls of butter in a frying-pan or spider, pour in the omelet, and fry and roll like a plain omelet. This is very nice for breakfast.

**EGG BALLS FOR SOUPS.**—Procure some hard-boiled yolks of eggs, then moisten with some raw yolk, till you can roll the mixture into a ball. Roll up into balls the size of small marbles, dip into flour, and throw into boiling water till set, then drain and throw them into the soup before serving. Some chopped parsley can be mixed with the egg.

**APPLE OMELET.**—Peel and quarter six apples, stew them until tender, then add two tablespoonfuls of butter, half a cupful of sugar and a little nutmeg or candied lemon peel, and three eggs; beat the whole well together and fry as an omelet; or it is very nice sprinkled with cracker crumbs and baked in the oven for fifteen minutes.

**EGG SANDWICHES.**—These are the best sandwiches for travelling. Cut some thin bread and butter. Sprinkle these on the buttered side with mustard and cress. Cut some hard-boiled eggs into thin slices; cover one slice of bread and butter, sprinkle with pepper and salt, and cover the other over it. Trim the edges with a sharp knife, and cut into nice little triangular pieces. Wrap up the sandwiches in lettuce leaves, and then in paper, if wanted for travelling.

**EGGS DEVILLED.**—Cut some hard-boiled eggs, say half a dozen, into halves; remove the yolks and cut the end off each white end, so that it will stand upright; pound the yolks in a basin with some butter till they are smooth and moist enough to be formed into shape; add a dessertspoonful of anchovy sauce and a saltspoonful of cayenne pepper; fill the cups with this mixture and pile it up. These can be eaten hot or cold, but are, we think, best cold. This is an excellent supper dish.

**EGGS (A LA TRIPE).**—Cut half a dozen onions in slices, let them fall into rings and fry them in butter without browning them. Take them up and set them aside. Mix a spoonful of flour with the butter to make a paste, and add milk

or broth to make a smooth, thick sauce; put in the onions and stir them gently till tender. Remove the shells from some hard-boiled eggs, slice the white parts and leave the yolks whole. Cut the whites, sliced also into rings, and add them to the sauce with the onions till hot. Serve in a hot dish, and garnish with the uncut yolks.

**EGGS A LA BONNE FEMME.**—Get six eggs of the same size, large ones, boil them ten minutes, and when cool enough remove the shells carefully. Divide them equally in halves, take out the yolks, and cut from each the pointed tip of white, that they may stand flatly. Make tiny dice of some cold chicken, ham, boiled beef-roll, and the yolks of six eggs. Fill the hollows with these up to the brim, and pile the dice high in the centre, two of ham and chicken or separately, two of boiled beef-roll, and two with the hard yolks. Arrange same neatly, cut lettuce on a dish and place the eggs amongst it. Sufficient for three persons.

## A LECTURE ON BUTTER MAKING.

—:O:—

THE following paper by Colonel C. Harvey, of Quedgley, Gloucestershire, read by him at a meeting during the visit of the British Dairy Farmers' Association to Ireland, will doubtless be interesting to numbers of our readers:—

"I do not propose in this short paper to go into all the details of butter manufacture, which can be better learnt by ocular demonstration; but to point out some of the chief causes of bad butter, for if we avoid these we shall go very near making the best.

"The cow is often very unjustly accused. One often hears that the unfortunate creature has eaten something which has given a nasty taste to the butter. I have even heard cabbage, decorticated cotton cake, and bean meal assigned as the causes. I do not mean to say that feeding is unimportant, but, depend upon it, in nine cases out of ten it is the treatment of the milk after it leaves the cow that makes the butter good or bad.

"The first cause of non-success is want of cleanliness. The cows' udder should be kept clean, the milkers should wash their hands before milking, dairy utensils should be thoroughly cleaned directly after use, and should never be put away dirty. It is not sufficient to merely wash them out with a little hot water, or to turn a jet of steam into them. All vessels should, if possible, be well scrubbed inside with a hard brush. This is absolutely necessary with the butter churn, and for that reason I prefer a churn with a large mouth.

"In small dairies churning does not take place often enough, especially in winter. Cream is generally kept until there is enough of it to make it worth while to churn—sometimes a fortnight; whereas there should be at least two churnings a week, even in winter, and in large dairies every-day churning is desirable. To obtain the best results the cream should be slightly sour. The best plan is to keep the cream sweet till the afternoon of the day before it is churned, when it should be artificially soured—that is to say, it should be soured for about fifteen hours. Cream should always be tested with the thermometer before being put into the churn. The temperature should be about 55 degs. in summer, or as near that as possible; in winter it should be raised from 64 degs. to 66 degs., or even to 70 degs. if the weather is very cold. We sometimes hear complaints that the butter will not come. I have read that when cows have been a long time in milk the butter will not come. I have no personal experience of this, but must confess to being somewhat sceptical. I believe it is always due to one of two causes—either the thermometer has not been used and the cream has been put into the churn too cold, or too much has been put in and the churn is overloaded, so that the cream does not get the proper oscillation.

"Butter is often spoilt by over churning. The churn should be stopped directly the butter begins to form in grains. If churning is continued till it is formed into a mass it is impossible to wash it properly, and, no matter how much it is worked afterwards, some of the buttermilk will remain in it.



**"RAISING THE CREAM.**—There are several ways of raising the cream. The old-fashioned plan is the commonest—that of setting in open shallow pans. There are many objections to it; it takes up a great deal of room, and it is quite impossible to deal with large quantities in this way; it presents a large surface to attract dust and other impurities. Milk is a great absorbent, and acts as a magnet in attracting all impurities in the surrounding atmosphere; yet how often we find small dairies used as a larder, with a piece of meat, or perhaps a hare or rabbit, hanging up in it. I have known cream to be quite offensive after being kept less than five hours in a larder with a piece of meat that was slightly tainted. The next objection to the shallow setting is that it is a wasteful system, as we cannot get all the cream off the milk, and we run great risk in summer of spoiling our butter by the milk souring under the cream before it is skimmed. Also, I believe the milk of one cow sours more rapidly than that of another. If this is the case, in order to get the best results from hand-skimming, the milk which sours in the same period should be put together in the same pan. As far as I know at present, the period for which milk will keep sweet is in inverse ratio to the period of lactation. To the deep-setting system there are two disadvantages—first, the difficulty of getting sufficiently cold water in warm weather; second, you cannot avoid taking up a good deal of milk with the thin cream that is raised, which consequently gives extra work in churning. The advantages are—that the cream is quickly raised, and, the milk being submerged in water, impurities from the outside air are excluded; also, it makes more butter off the milk under favourable conditions than the shallow setting, while the skim milk is decidedly superior.

"But when all has been said for and against shallow and deep setting, I contend there is only one system for large or even medium-sized dairies, and that is mechanical separation. By the use of the separator we get practically all the cream off the milk while it is fresh. We are thus able to control the souring of the cream, and the fresh separated milk is a wholesome and pleasant beverage, though not at present appreciated as it ought to be. I believe that by its use we get an extra pound of butter per cow per week, so it is easy to calculate whether it will pay to have one or not; and the same power which drives the separator can turn the churn.

"A very common fault in farm dairies, and also in private houses is, that the butter is good the day it is made, and, perhaps, the day after, but it will not keep, and turns rancid, or has a cheesy taste. This is simply due to carelessness in not getting all the buttermilk out. The buttermilk should be drained from the churn directly the butter comes in grains, then wash it with pure water, turning the churn a few times. It is better not to wash it at all than to use water which is not perfectly pure. It should then be left in the churn for a few minutes, the water drained off and the butter taken out and put on the worker; all the remaining buttermilk should now be got out by steady pressure, but care taken not to overwork it—overworked butter is greasy and sticks to the knife when you cut it; that is the fault of the Brittany and Normandy butters, which are generally overworked in the blending factories.

"**SLIGHTLY SALTED.**—The London standard for fresh butter is absolutely free from salt, but what most of us call fresh butter is slightly salted. There is some difference of opinion as to the best means of introducing the salt. Some add a solution of brine in the churn as a last washing. This is, I should say, theoretically, the right way. Others add dry salt directly the butter is taken from the churn and work it in with the butter-worker. Some advocate salting the cream; this is very desirable in warm weather, as it prevents it ripening too quickly, and it is hardly possible to salt it too much; but I cannot discover that it has any effect on the butter, all the salt appearing to go away in the buttermilk. For the amount of salt to put in we must study the taste of our customers, the London market requiring rather less than that of the country; but a quarter of an ounce of salt to one pound of butter is about the right quantity.

"**COLOUR.**—Now, there is a fashion in the colour of butter as in most other things, and we must suit the tastes of our customers in this also, because if we don't the foreigner will. At present the fashionable colour is golden, and butter is sometimes described as gilt-edged. In London a medium colour, something of a primrose, is in most request. Light, and also very dark, coloured butter is almost unsaleable there."

## IN THE FASHION.

SILVER toilet articles continue to be the rage. The silver brushes, combs, toys, and boxes in beautiful repousse designs are very effective.

Finger rings made of gold wire are coming in vogue. Some are fashioned into a true lover's knot, while others are of intricate network.

Lace frocks for graduation are made up over white lawn this year, and are found to be as pretty as they were when made over white silk and far less costly.

The tea gown seems to have taken closer hold on fashionable society, and looser hold, so to speak, on each individual fashionable wearer than ever before.

Buttons play an important part in gowns nowadays. The most fashionable are the bullet-shaped crocheted ones, revived after a sleep of twenty years.

Two distinct styles of street dresses are seen nowadays. One of soft woollens over plaid, striped or silk skirts, and the other of cloth or checks in tailor designs.

Flowers for dinner tables must be arranged as lightly as possible. Those nuisances, massive centre pieces, which cut off all sight of the people opposite you, have been ruled out of date.

Swords, crescents, horseshoes, sickles, and stars in small pearls are much worn for bonnet and scarf pins, and one of the late additions to this catalogue is a rooster, a pearl constituting the body.

A bonnet called Anne Boleyn, and taken from one of her portraits, recently appeared at a London milliner's opening. The sides of this bonnet were of cream white silk, embroidered in bullion and bordered with gold gauze, with loops of the material forming a resting-place in the front of the bonnet for a black osprey. Two loops of black velvet were set on the crown, and the strings were of gold gauze. Queen Anne seems to have had her choice of the cream of modern millinery goods.

## FERN CULTURE.

FERNS are easily cultivated if a few practical details are observed. Growing in their native habitats they are, for the most part, found in shady positions, where during their growing period they have an abundance of moisture at their roots; therefore, under cultivation, a shady window is for most kinds more suitable than a sunny one, and during their season of growth a good supply of water at the roots is demanded. While it is necessary for their success to have an abundance of water, they are at the same time very impatient of a stagnant soil, and to prevent anything of the kind occurring perfect drainage is indispensable. Not only is drainage a necessity in the cultivation of ferns, but it is also needed in the cultivation of all kinds of window and greenhouse plants after they have attained a certain size. No plants do we know, except aquatics, that succeed in a soil from which the water does not pass off freely. Plants growing in pots six inches in diameter and over should have good drainage. This may be done by placing over the hole in the bottom of the pot a piece of broken pot, over this place more of the same material in small pieces. Instead of this pieces of charcoal answer very well. Fill about one-fourth of the pot in this manner, and over the top place some moss or other rough material to prevent the soil from mixing with the drainage, and thereby preventing the water from passing freely off.

The most suitable soil for ferns is a mixture of garden loam and the black water found in the woods, about equal parts of each, then with a good sprinkling of sharp sand through the whole, giving more if the loam is clayey and less if sandy.

## SPECIAL CAKE MAKING.

**YOLK CAKE.**—Yolks of five eggs, two cupful of sugar, six ounces of butter, two cupful of flour, one cupful of milk, two tablespoonsful of yeast powder, one tablespoonful of brandy, juice and grated rind of one lemon, and a little grated nutmeg. Cream the butter and sugar, then add the well-beaten yolks, then the milk and flavourings. Sift in flour and baking powder together, mixing as you sift. Make into one or two cakes. Bake immediately.

**GOLD OR SILVER CAKE.**—Take one cup of butter and two of sugar and cream together until perfectly white and smooth, then add the yolks of five eggs well beaten and two cupful of sweet milk, and sift in three cupful of flour in which has been mixed a teaspoonful of baking powder. The same recipe can be converted into silver cake by using the whites in place of the yolks of eggs.

**SUNSHINE CAKE.**—Yolks of eleven eggs, two cupful of sugar, one cupful of butter, one cupful of milk, three cupful of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda.

**CATSKILL CAKE.**—One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, one and a-half cupful of flour, yolks of seven eggs, one teaspoonful of cream of tartar, and half a teaspoonful of soda.

**SPONGE CREAM.**—One pint of fresh milk, three tablespoonsful of gelatine, three tablespoonsful of sugar, three eggs. Put the gelatine into cold milk, let it stand a little while, put on stove and bring to boiling point, then add the sugar and yolks of eggs well beaten together; remove from the fire and stir in the whites, also beaten stiff; add a little salt, flavour to suit, and pour into moulds, wet first, so that the cream will turn out easily.

## CHARACTER TOLD BY THE EYE.

BLUE eyes signify constancy and devotion. Black eyes denote a sensuous character and fickle disposition. There are some noted exceptions.

The violet eye, called the woman's eye, denotes affection and purity, chivalric belief, and limited or deficient intellectuality.

Grey eyes are the most expressive of all, and denote strong qualities of mind and soul, with usually a great deal of patriotism.

The very light blue eye is characteristic of the northern races. In a woman it suggests constancy and truth, steadfastness, simplicity, courage, and purpose; in a man a phlegmatic disposition.

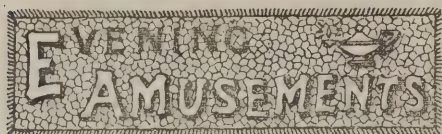
Self-satisfaction and conceit are the characteristic traits represented by the green eye.

Brown eyes denote passion and lack of originality. In women they mean jealousy and cruelty; in men courage, superstition, and mild recklessness.

Hazel eyes suggest strength of character, and generally a sense of mischief and trickery.

**UNCLE JOHN'S PUDDING.**—No one ever complains. No one ever says, "How I wish we had something good to eat." But yesterday one said, "What a delicious rice pudding you used to make and send Uncle John on his birthdays, and how glad the dear old man was. And we were always treated to the same, that was the best of it." The hint was so modest and given in such a pretty way that it wasn't fault finding nor complaining at all. So to-day we made one for dinner after the fashion of the "Uncle John kind," and the surprise and pleasure manifested more than paid us for all the extra trouble. It was made this way:—Three pints of new unskimmed milk, two eggs, good pinch of salt, teacup of raisins, two teacups of rice that had been cooked in the steamer, and sugar to make it sweet enough to the taste. The custard was made first and then the rice was stirred in. Made in a large brown earthen bowl and baked in it. Just before it went into the oven we dropped over the top a few lumps of butter. Baked three-fourths of an hour. When taken out we stirred it with a silver fork. This brought up the raisins that settled to the bottom, and mixed in the butter on top. Good either hot or cold. When taken out in dessert dishes we grate a flavouring of nutmeg over it. —ROSELLA RICE.





## OUR SPHINX AND PUZZLE PAGE.

— O —

Please to write "Sphinx" outside all letters intended for this department.

## NUMERICAL ENIGMA.

My whole, composed of 33 letters, is a quotation from Pope.

My 7, 18, 33, 24, 15, 27, 13, 20, 30, 3, 5, 16 is confidentially.

My 22, 4, 31, 10, 19, 9, 29 is artifice.

My 12, 25, 1, 23, 21, 14 is an article of diet.

My 26, 2, 17, 11 is a colour.

My 8, 28, 32, 6 is to rise.

## HIDDEN WRITERS.

1. He had in the bag a young dog.
2. He took his friend a western route.
3. If his will is made there is nothing more to be said.
4. He said he would call, and on Monday next.
5. The rich terrorised the poor.
6. The cat was too homely to keep.

## METAGRAM.

Whole I am to entangle, change my head and I become successively a valve, to glut, to meddle, and a repairer.

## DOUBLE CROSS-WORD ENIGMA.

In bobolink not in wren.  
In soldiery not in men.  
In barricade not in pen.  
In cicatrice not in wen.  
In katydid not in hen.

How dear to my heart are the scenes of my childhood,  
When fond recollections recall them to view;  
The old country school house that stood in the wild wood,  
With its whole and its master my infancy knew.

## WORD SQUARE.

Manilla hemp comes first, and now  
Our second names a kind of plow;  
For third a cavern (obsolete);  
Next, flower's inner covering greet;  
In fifth a prefix puzzlers find,  
Which imperfection brings to mind.

## DIAMOND PUZZLE.

1. A letter.
2. To exclaim.
3. An article of food.
4. A kind of sweet potato.
5. A letter.

## SUCCESSIVE DECAPITATIONS.

1. "A rule" or "law" will start this rhyme;
2. "Again" or "At another" time;
3. A "negative" doth here define;
4. A "preposition's" next in line;
5. A "consonant" in "countersign."

## WORD CHANGE.

Change well to sick in four words.

## CURTAILMENTS.

1. Curtail an excrescence and leave turmoil.
2. A building and leave a bolt
3. Crooked and leave a boy's name.
4. A vehicle and leave a vehicle.
5. A period of time and leave diminutive.

## CHARADE.

Wander into the forest,  
And there you will find a tree  
Of firm, compact, and solid wood;  
It my first shall be.

Go into your garden,  
Drop down on one knee,  
Scrape the snow away, and there  
My second you will see.

If ere you come to Lexington,  
It surely would repay  
For you to go to see my whole,  
The home of Henry Clay.

## ANSWERS TO "OUR SPHINX," No. 19.

NUMERICAL ENIGMA—"Mammon wins his way where seraphs might despair."

CHARADES—Silent.

HIDDEN WRITERS—Saxe, Ouida, Pope, Scott, James, Howell.

TRANSPOSITIONS—Nile, lein; Severn, nerves; Ure, rue; Swale, Wales; Spree, spear; Eden, need; Rhone, heron; Plate, pleat; Dearne, neared; Tiber, tribe.

WORD SQUARE—

T R A I L  
R A I S E  
A I S L E  
I S L E T  
L E E T S

DIAMOND PUZZLE—

P  
A R E  
M O U S E  
P R U S S I A  
R O S E S  
F I N  
A

METAGRAM—Halter, Palter, Falter, Salter, Walter

CROSS-WORD ENIGMA—Adze.

DECAPITATIONS AND CURTAILMENTS—Escape, Scape, Cape, Ape.

CHARADE—Dragon.

## HOW TO KEEP THE BOYS AT HOME.—

While reading so many good things in THE COOK AND HOUSEKEEPER, I must let you all know that I appreciate them, especially the articles about the Sunday dinners. I agree with the writers who favour them. I had at home three boys, young men, and there was no church to attend on Sabbath day, so we all helped, and had a Sabbath school of over thirty scholars. Well, while other young men were away from home on Sunday, my boys were at home to dinner. They knew that mother would have something nice for them. I had no help either, for my daughters were married and away, and I was, and I still am, living on a retired farm. The way to keep boys, and even men at home is to take pains to cook to suit them. My love for my children is and always has been very tender, and they all appreciate it.

THE GERMAN HOUSEWIFE.—In the richest German household the mistress superintends the kitchen and lends a hand to the cook. There are dishes which she always makes with her own hand, because her Fritz likes them so. She may boast thirty-two quarterings on her escutcheon, and be very proud of her lineage, but she has no nonsensical ideas about its being degrading to put on a canvas apron, lard a piece of veal, make jams, or dote out with her own hands prunes that are to be put into the potato stew. She keeps her best attire for Sundays, and makes it serve on many of these festal days, for she does not follow fashion blindly or in a hurry. On ordinary days she dresses with a plainness that would excite the contempt of a French woman; but, then, her culinary pursuits do not prevent her from being by far the intellectual superior of her French or Belgian sister. She reads serious books, that she may be able to converse as an equal with her well-taught sons. She practises music, that she may remain on a level with her daughters, who are trained to be brilliant pianists; and she finds time to read the newspapers, in order that she may understand what her Fritz has to say about the topics of the day.

AN EMPRESS AND HER BONNETS.—It is on record that the Empress Josephine once bought thirty-eight bonnets in one month. We do not know at what number her mighty husband drew the line, but it is a fact that having learnt that she had indulged herself with the acquisition of this large number, he—when he one day went into the saloon leading to her apartment, and found in it Mdle. Despeaux, the milliner, with a huge pile of suspicious-looking band-boxes—was so indignant at the idea of his wife making fresh purchases that he flew into such a passion that everyone ran away, leaving him to decide whether he would vent his rage on poor Josephine, who was a prisoner with her feet in a foot-bath, or on the milliner herself. He did a little of both. He was so angry with Josephine that she was speechless with terror, and he sent for Savary, his Minister of Police,

and ordered him to arrest Mdle. Despeaux. She was sent to La Force immediately; and though her fear of Napoleon and horror of a night in prison made her ill, her fortune was probably made by this startling outbreak of Imperial temper. Next day nearly everyone in Paris flocked to see her, hear her story, and condole with her. She never could have lacked custom after this. We are curious to know what Josephine's thirty-eight were like.

COCKROACHES IN HOUSES.—The following recipe for the destruction of cockroaches may be of some use to some of our readers:—Mix one drachm of phosphorus with two ounces of water in a stone jar; set this in hot water until the phosphorus is melted; then pour it into a quart or half-gallon pan containing  $\frac{1}{4}$  lb. of melted lard. Stir up quickly, and put  $\frac{1}{2}$  lb. fine sugar and  $\frac{1}{4}$  lb. flour made into a stiff paste. Make the paste into small balls about the size of nuts, and put them about where you find the cockroaches, and fill up all cracks and holes with the paste. They will eat it and die by hundreds.

AN AGREEABLE SUMMER DRINK.—Diluted cold tea has long been known as an agreeable, slightly stimulating beverage. For this or any other purpose the tea leaves must not be boiled. If they are a large amount of tannin is extracted along with the aromatic and stimulating principles, and this sadly interferes with digestion in many individuals. A pinch of soda bicarbonate—"ordinary baking soda"—added to the leaves at the time boiling water is poured over them, and the "steeping" process limited to six or seven minutes will remove all objections from cold or iced tea as an agreeable stimulating summer drink. Coffee treated in a similar way may be used instead, but it contains much less of the stimulating principles.

COCOANUT AND PINEAPPLES.—Cocoanut raising is a growing industry in Southern Florida. Pineapples and cocoanuts pay very well. Ten thousand pineapples can be raised, it is said, to an acre; and the same amount of space will support fifty cocoanut trees. The latter require very little cultivation. They begin to bear at from nine to twelve years of age, and produce from eighty to one hundred and fifty nuts to the tree. They bring about 2½d. apiece to the grower. Many groves have been planted within a few years. One New Jersey gentleman has 330,000 trees.

THERE is a cheap restaurant in New York that feeds 8000 people a day! It is never closed, night or day, and has three different relays of waiters, cooks, cleaners, cashiers, and other hands. It is not noted in the city, but is famous in all the country towns and villages in the States of New Jersey and Connecticut, which are its chief source of patronage. How many reservoirs of soup and how many tons of beef it consumes daily are matters for the consideration of metropolitan correspondents of country newspapers. But the figures are astounding and interesting without sensational elaboration.

Few people know how early the Queen rises as a rule. During the lifetime of her mother she was generally out of bed shortly after six o'clock, and the early habits of her girlhood have been carried by the Queen into later life, and although the monarch bears a heavy load of years she habitually rises now at a time when even young wives would think it a hardship to be obliged to summon their maids.

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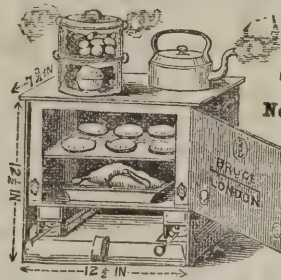
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SATURDAY, JULY 30, 1887.

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### THE COOK'S HANDBOOK

(ARRANGED ALPHABETICALLY.)

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**Macaroni.**—Put into boiling water a slice of butter, half a pound of macaroni, an onion stuck with two cloves, and a little salt. Boil for three quarters of an hour; then try with the fingers if the macaroni is soft and flexible, in which case, take it off the fire, and strain it well in a sieve; then put it in a saucepan without the onion, but with two ounces of butter, six ounces of grated Parmesan cheese, a pinch of coarse pepper, and a little grated nutmeg; give the whole a turn over the fire, adding, gradually, three spoonful of cream; when the macaroni becomes ropy, salt it to your taste, and serve.

**Macaroni** (Second Receipt).—Take half a pound of macaroni and put it in a saucepan, with sufficient water to cover it well, salt, pepper, and an ounce of butter; boil till the water is all consumed; grate half a pound of old gruyère or Parmesan cheese, put it to the macaroni, together with an ounce of butter; heat up the whole over the fire till the cheese is well melted; take another saucepan, grease it with butter round the sides and at the bottom, and cover the whole inside of the saucepan with a thin layer of paste, as for *timbales*; in this put the macaroni, and cover it at the top with paste of the same description; put fire both under and on the lid of the saucepan, and let the macaroni cook gently for at least half an hour, when, if the paste seems well done, turn the whole into a dish, and serve.

**Macaroni** (Third Receipt).—Boil some Italian macaroni in water with a small slice of butter, and salt to your taste. When done, put into a stewpan a quarter of a pound of butter, some grated Parmesan or gruyère cheese, a little pepper, and a spoonful of cream; add the macaroni, having previously well drained it, and turn the whole over the fire till the cheese is well done, and the macaroni becomes ropy; then pour it into a dish, grate some more cheese over it, baste it with melted butter, brown with a salamander, and serve.

**Mackerel.**—Draw and wash the mackerel well, split them along the back, and having dried them with a linen cloth, broil upon the gridiron. If they are first steeped half an hour in oil, with pepper and salt, they will be all the better. When done, serve with a white sauce of capers and anchovies. Broiled mackerel may also be served in another way: When put upon the dish for table, split them in two, and pour over the following sauce: take some good melted butter (without flour) and a drop of water, with some parsley and green onions shred small, salt,

pepper, and a little vinegar; warm this upon a stove. They may likewise be served with burnt butter and fried parsley, or *à la maître d'hôtel*; when broiled, put inside them some melted butter, mixed with parsley and leeks chopped fine, salt, and coarse pepper.

**Mackerel Boiled in Salt Water.**—Take some fresh mackerel and draw them by the gills, without taking out the liver; split their backs a little, tie the heads round, and put them into boiling water, with some salt. A quarter of an hour is sufficient to dress them; then take them out, drain, and serve with a thick sauce *à la maître d'hôtel*, fennel sauce, or black butter.

**Mackerel with Black Butter.**—Having drawn, washed, and dried them properly, steep them half an hour at least, or some hours if there is time, in oil, seasoned with salt and pepper; then broil, basting with their marinade. For sauce, melt some butter in a frying pan till quite hot, fry some parsley in it, and pour the whole over the mackerel, adding afterwards half a glass of vinegar warmed in the same frying-pan; serve very hot. Mackerel may also be broiled with oil and vinegar.

**Maître d'Hôtel Sauce.**—Put a quarter of a pound of butter into a saucepan, with some parsley and shallots chopped very fine, salt, pepper, and the juice of a lemon; beat up the whole together, and pour it over your meat when dishing.

**Maître d'Hôtel Sauce** (Second Receipt).—Boil a quarter of a pound of butter in a little flour, with some parsley and chopped shallots; put the ingredients into a saucepan, with half a glass of water, and some salt and pepper; just before your meat is ready, put the sauce on the fire, and stir it till it is well thickened; then add the juice of a lemon, and serve.

**Maître d'Hôtel Sauce** (Third Receipt).—The following is to be used cold:—Mix well together some very finely chopped parsley, pepper, salt, and a piece of butter; then add the juice of a lemon, or a little good vinegar.

**Marchpane.**—Pound, in a mortar, a pound of sweet almonds, blanched, and, as you beat them, put in the whites of three eggs; then add some apricot marmalade, or any other sweetmeat that is not too liquid, and some candied orange flowers, pounded; when the whole is well mixed, put the paste into a stewpan with some powdered loaf sugar, and dry it over the fire; then put it upon a board, and mix it with sugar till the paste no longer sticks to your hands; then roll it, and form the marchpanes of any shape you please; have ready the whites of six eggs, half beat them, and mix them with some green lemon peel, shred fine; dip the marchpanes into this white of eggs, and afterwards into some powdered sugar, till they have taken as much as they will retain; bake them upon white paper, upon sheets of copper, in an oven moderately heated. To see that the oven is properly heated, put in a piece of the paste upon a card; if the card becomes coloured, it is a sign that the oven is too hot.

**Marinade of Calf's Head.**—Cleanse a calf's head, soak it in cold water, then blanch it in boiling water. Cook it in some flour and water, with salt and pepper, onions, and other roots; when done, you may serve it up *au naturel* with vinegar sauce. If you would marinate it, it must only be three-quarters done; then let it drain; afterwards skin the tongue, the lower part of the cheeks, and the brains; cut the tongue down the middle, and let it marinate with some salt, pepper, vinegar, butter, flour, and some bay leaves, made lukewarm; then put in the calf's head, and let it soak for two or three hours. This marinade is only used to cook calves' heads from which the brains have been taken for *entrées*.

**Marinated Hare Roasted.**—Take a hare, skin and draw it; then take off the inner skin from the legs and sides, lard with lean bacon, and steep for two hours in a lukewarm marinade made with vinegar, salt, and pepper, a little water, onions, some parsley, thyme, bay leaf, and a piece of butter rolled in flour. Then roast, basting frequently with its marinade. Reduce what remains of the marinade; strain it; add a little gravy, and serve it separate.

**Marinated Sturgeon.**—Take some sturgeon and cut it into small slices; let it soak in some sweet oil; then broil, basting lightly with the remains of the marinade; serve dry, or with a thin sauce, as gherkin sauce.

**Marinated Sturgeon** (Second Receipt).—Steep a slice of sturgeon in a marinade for a good hour; then boil, and serve hot, with a pepper sauce.

**Marmalade of Green Almonds or Green Apricots.**—Take off the down of some green apricots or almonds, according to the directions in the article of compote of green apricots, and boil them in water till very tender; then shift them into cold water; drain, and mash them, and rub the pulp through a sieve; stir this marmalade over the fire till ready to stick to the saucepan; then weigh it, and put the same weight of sugar upon the fire in another saucepan with half a pint of water; as it boils, skim, and let it continue boiling until sufficiently done, which you may know by putting your fingers into cold water, then in the sugar, and instantly again in the cold water, when, if the sugar, which adheres to your fingers, breaks off, you must instantly put in the marmalade, stirring well with the sugar, and taking care that it does not boil; lastly, put it in o pots.

**Matelotte Sauce.**—Slice some onions, and boil them in a little stock, in which some brown *roux* has been melted; keep stirring; moisten with hot red wine, in which your fish has been stewed; add some chopped mushrooms, and a bunch of parsley and green onions, some spice and potherbs to your taste; a little veal gravy, will also be an improvement. Before serving, add some lemon-juice, a little essence of anchovies, and a few small glazed onions.



**Meat Cake.**—To make them good, they should consist of equal parts of butcher's meat and of game. For a mutton cake, skin a leg of mutton, and take off all the meat; mince it with a little beef suet; add a pound of fat bacon cut into dice, the yolks of six eggs, salt, and ground spices, half a glass of brandy, and some parsley, green onions, shallots, and mushrooms chopped fine. Put some thin slices of bacon in a stewpan, and the mutton forcemeat upon them, well mixed and seasoned; let it stew at least three hours; when done, and cool, turn it out on a dish; let the slices of bacon, which will be found to adhere to the mutton, remain; scrape them lightly with a knife, and serve the mutton cake on a napkin placed in a dish.

**Meat Pies.**—Take a fillet of veal, leg of mutton, partridges, woodcocks, slices of hare, fowls, capons, or any other sort of meat you choose (the manner of seasoning and cooking them being nearly the same in all). Turkeys boned, with some veal, make likewise excellent pies. Partridges, woodcocks, capons, and fowls, after being trussed, and the bones a little bruised, are put a few minutes over the fire with some fat, and afterwards larded with fat bacon previously seasoned with salt, mixed spices, parsley, and green onions shred fine; mutton and veal are to be larded the same, but not to be put over the fire with fat. When the meat is prepared, cut some slices of bacon ready. Take the half of the paste, and roll it to the thickness of half an inch; put it on some buttered paper, and lay the pieces of meat close to each other, seasoning them with salt and beat spices; cover the whole with slices of bacon, and spread butter over the top; then put on the upper crust as thick as the under; moisten with some egg the edges which join, that they may adhere well together; then glaze the whole of the pie with the same, ornamenting according to your fancy; when you have done this, make a small hole in the middle of the pie, and form from it a chimney of paste, in which put a card rolled, lest the hole should close in baking. Before you set the pie in the oven, put in at the chimney two spoonfuls of brandy, which will give it an agreeable flavour. It will require at least four hours to bake, but you must regulate the time by the size of the pie. When done, set it in a cool place, and close the hole with a bit of paste till you are ready to serve.

**Meat Toast.**—Take any sort of meat that has been served at table; cut it into small square pieces, and make a well-thickened ragout of it; when cold, put in the yolks of two raw eggs; arrange the meat upon some crumb of bread, and draw a knife dipped in a beat egg over it. Grate some bread upon the whole; fry, and serve with a clear sauce.

**Meringues.**—Take six whites of very fresh eggs; whisk them to a froth directly they are broken, and, when well raised, add some grated lemon peel and a good deal of powdered sugar, still whisking lightly just to mix the lemon peel and sugar, without melting the latter; put the meringues in little heaps about the size of half an egg upon a sheet of white paper, and place them under a cover, that will contain a few hot cinders on the top; when they are done on the outside, and of a fine colour, remove them from the paper, take out the paste which is not done within, and supply its place with any sweetmeat; join the two sides of the meringues well together again, and serve them as dry as you can.

**Minced Mutton.**—Mince the meat of a cold roast leg of mutton, and put it into a saucepan; make a *roux* moistened with a little stock and seasoned with salt and pepper; having reduced your sauce, add to it a piece of butter and some gherkins; put your mincemeat into this sauce, and let it cook gently without boiling. Serve with thin slices of bread round the dish.

**Minced Oysters.**—Take half a hundred of oysters, put them into warm water, and, when ready to boil, shift them into cold, then drain them, and taking that part only that is tender, mince them fine. If you mix the flesh of a carp with the oysters, it will increase the size of your dish, and give a better flavour. Next, put a piece of butter, shred parsley, green onions, and mushrooms into a stewpan, and shake the whole over the fire; add a little flour, and moisten with half a pint of white wine and as much soup maigre; then put in the minced oysters, and let them stew till the sauce be consumed; season agreeably; and, when ready to serve, add the yolks of three eggs beat up with some cream,

**Minced Rabbit.**—Take the remains of a roasted rabbit, cut off all the meat, and mince it with a little roast mutton. Then break the bones of the rabbit into small pieces and put them into a stewpan, with a slice of butter, some shallots, half a clove of garlic, thyme, a bay leaf, and basil; turn these a few times over the fire, then shake in a little flour; moisten with a glass of red wine and as much stock, and let it boil half an hour over a slow fire; strain it off, and put in the mincemeat with salt and coarse pepper; let the whole heat without boiling, and serve hot; if you choose, you may garnish with fried bread.

**Minced Roots.**—Put some small slices of onion into some flour and burnt butter; when the onion is almost done, moisten it with some stock, and let it remain on the fire till quite done. Have ready some carrots, parsnips, celery, and turnips boiled and cut into slices, put them into the ragout of onions, season with salt and coarse pepper, add a sprinkling of vinegar, and, when serving, put in some mustard.

**Mignon Fritters.**—Put two good spoonfuls of flour into a stewpan, and mix it with the whites and yolks of two eggs, a little salt, two ounces of sugar, some lemon peel grated, half a spoonful of milk, and the same quantity of cream; stir over a slow fire, and, when done and well thickened, spread the cream upon a floured dish, shake flour over it, and, when cold, cut it into bits with a paste-cutter, the same as for *petits pâtés*; dip each bit into a paste made with two spoonfuls of flour, a spoonful of brandy, and a little salt, mixed with two eggs; fry the fritters, and serve, glazed with sugar and a salamander.

**Mutton Chops.**—Cut a loin or neck of mutton into chops, and let them soak in melted butter, mixed with salt and pepper; also with parsley, green onions, and mushrooms, shred fine; cover them with bread crumbs, and broil them on a gridiron. Whilst they are cooking, pour a little of the butter over them from time to time, to prevent their burning or becoming too dry. They may be served either without sauce or with.

**Mutton Chops (Second Receipt).**—Beat the cutlets (previously neatly trimmed), to make them lie flat and eat tender; sprinkle them with pepper and salt, and broil them over a quick fire for about ten minutes.

**Mutton Chops (Third Receipt).**—Beat the cutlets well, then dip them into lukewarm butter, covering them thick with crumbs of bread, and seasoning them with pepper and salt. Broil over a bright fire for about ten minutes; place the chops upright, leaning one against another in the form of a crown. Serve them plain, or with a *maitre d'hôtel* or clear gravy sauce.

**Mutton Chops à la Poêle.**—Take a loin of mutton that has hung till tender; cut it into chops, and put them into a stewpan with a slice of butter; keep turning them over a slow fire till done, then take them out to drain, leaving about half a ladleful of fat in the stewpan, to which add a large glass of stock, some shallots shred small, salt and pepper; let this boil, and then again put in the chops, together with the yolks of three eggs; thicken the sauce over the fire, and, before serving, add a sprinkling of vinegar and a little nutmeg.

**Mutton Chops Larded.**—Cut some mutton chops rather thick, trimming them properly, and larding with rather large pieces of bacon; put them into a stewpan, with some butter, salt, pepper, parsley, green onions, thyme, a bay leaf, some carrots, and a few slices of bacon; moisten the whole with stock; let the cutlets stew by a slow fire about two hours. When you wish to serve them, drain, and place them upright in your dish in the form of a crown, upon a purée of onions, or on the seasoning in which they are cooked.

**Mutton Chops au Gratin.**—Cut a loin of mutton into chops, and put them into a stewpan on a little bacon or butter, with some parsley, green onions, and two shallots shred fine; turn the chops a few times over the fire, moistening with stock, adding salt and coarse pepper, and letting them stew gently; when the chops are done, skim the sauce, and add a little *cullis* to thicken it; then take the dish in which you mean to serve the meat, and cover the bottom of it with a *gratin* made thus:—Take a handful of crumb of bread, grated, and mix it with a piece of butter the size of an egg, the yolks of three eggs, a little parsley and some green onions shred fine; season to your taste; set the dish upon a stove over a moderate fire till the bread and herbs adhere to it, then drain off the butter,

if there be too much, and serve the ragout over the *gratin*. All sorts of ragouts may be dressed in the same manner.

**Mutton Chops à la Marinière.**—Cut a loin of mutton into chops, rather short and thick; put them into a stewpan, with a piece of butter about the size of an egg, turning them a few times over the fire till they are rather brown; then moisten with a large glass of white wine and as much stock, adding a dozen of small white onions. Let the whole boil half an hour over a slow fire, then add a quarter of a pound of streaked bacon, a carrot, and a parsnip, all cut into bits, a small bunch of fine herbs, some chopped parsley, pepper, salt, and a sprinkling of vinegar. When the chops are done, and the sauce nearly consumed, dish them for table with the onions round, and the pieces of bacon, &c., upon them.

**Mutton Chops en Robe de Chambre.**—Stew some mutton chops in a proper quantity of stock, adding a bunch of parsley and green onions. When the chops are done, take them out; skim the fat off the stock, strain, and reduce it to a thick gravy, putting in the chops again that the gravy may adhere to them; then take them out a second time, and leave them to cool. Make some forcemeat with a bit of fillet of veal, some beef, two eggs, salt, pepper, parsley, green onions, and mushrooms, the whole cut small, and moistened with cream. Cover each chop with this forcemeat, grate bread over them, and put them into an oven, or brown them with a salamander. When they are of a good colour, drain off the fat, and serve with a good clear sauce.

**Mutton Chops aux Légumes.**—Trim some mutton chops, and set them to stew gently over the fire, with a slice of butter, a bunch of parsley and green onions, a few cloves, and a clove of garlic; moisten the whole with a tumbler of stock and as much wine, adding some sliced ham and a carrot; when done, skim off the fat, and serve the chops with the sauce, the ham, and the roots. Chops thus cooked, and *à la braise*, may be served with a ragout of any kind of vegetables, such as onions, cucumbers, turnips, green peas, or endive.

## POULTRY AS A SOURCE OF PROFIT.

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(Continued from page 323.)

It is impossible to fix any hard-and-fast line as to the number of eggs to be placed under a chicken. It is a question to be decided by the size of the eggs, and the capacity of the hen, and also of the time of year. During the cold months a small brood is safer, as the mother will not be able to attend to a large brood. In the first place when first hatched, she cannot keep them sufficiently warm, and this fact becomes more patent as they grow larger; in the next place, as the best food for the young ones is that obtained by the mother scratching, it stands to reason that a small number will be better fed than a larger brood could possibly be.

In warmer weather it is safe to put a larger number under the hen. While the hen is sitting barley meal and oats is the best food, but in cold months soft food should be supplied; while green food, pure water, gravel, and wood ashes should not be neglected.

A hen will almost always leave her nest once a day to eat, drink, and wallow. It is bad policy to feed her on the nest, while, should she not partake of the food provided, something more appetising should be provided. Usually a healthy bird will seek her food once a day as a matter of course. Should she have to be taken off the nest—some hens are very reluctant to leave the nest—let it be done with great gentleness, care being taken not to disturb the eggs. A small mat may with advantage be placed over the nest during feeding time. Old writers think the short interval during which the mother is off—say a quarter of an hour, is beneficial to the coming brood, by allowing the external air to penetrate the pores of the shell, but experienced modern breeders are in favour of the continual warmth system.

In very warm weather a hen will stop away from the nest for a period varying from half



an hour to an hour; this, however, is unusual, and should be discouraged. When, however, she is off, the eggs should be examined, and should one be broken it must be removed, and any that may be in the least soiled wiped with a cloth dipped in tepid water.

The nest must not be allowed to dry up. Warm moist weather is the best for hatching purposes, and the nest will then retain the proper degree of moisture; but should the weather be very hot and dry, and there be no other means of keeping the nest moist, a small quantity of warm water may be sprinkled on the eggs, during the absence of the hen, care being taken that it is not too hot.

Sitting hens should, as far as practicable, be isolated from each other, while in very cold weather the nests may be removed within doors at night; if not something must be thrown over the nest to keep the whole warm. It is a good plan to prevent vermin, very apt to be generated by the continued heat; sulphur flower should be used occasionally.

A hen will sometimes move her eggs, if they are not in what she deems a satisfactory position, using her head for the purpose; but when ready to burst forth in all their furry beauty the chicks crack the eggs themselves.

Now begins the difficulties of the rearer. To succeed minute care is necessary, in the first place, to guard against vermin. This may be done by sprinkling sulphur in the nest just before the hatching comes off, or by removing the hen at times and clearing the nest of shells and dirt.

As soon as all the chicks are able to be moved, they must be put in a warm coop. Care must now be taken that all is warm, dry, and bright; as damp, cold, and rain are the bitterest foes of the young brood. After a little practice, amateurs will learn the value of care and precautions. Dry mould is the best absorbent for the floor of the coop, while in cold weather dry ashes, with a layer of straw, is useful. But, whatever is done, attend above all to cleanliness.

Warmth for young chickens is indispensable. After the first day they may be fed upon a mixture of the yolks of hard-boiled eggs and stale bread-crumbs, slightly moistened. Later on the white of the eggs may be used, and then some eggs and milk may be beat together and warmed. The mother must be properly fed first, or she may be tempted to devour the chickens' portion. After the first week they may be fed on oatmeal, mashed with middlings, and made into a kind of porridge, or they may be given groats. As with hens, the chickens require variety, care being taken that it is dry and crumbly. After they are a week old they may be given broken barley and maize, potatoes boiled and mixed with middlings, boiled rice, canary and other small seed, and occasionally boiled wheat.

Again is water one of the greatest essentials to be attended. It must be perfectly fresh and clean, and changed often. Newly hatched chickens require very shallow pans, not deeper than flower-pot saucers.

They need frequent feeding, but at intervals sufficient to generate appetite. Unlike adults, it is not easy to overfeed them. The earlier they are fed in the morning the better; indeed, some should be left overnight; while in winter, should they happen to be hatched, they should be fed some time before the owner retires to rest. This late feeding, by promoting warmth, is conducive to health.

Several broods should not be mixed together, as the larger ones will take advantage of the smaller ones, and the poor things may be robbed of their food. As separate runs are not always practicable, the different sizes may be divided by laths, so adjusted as that only the small ones can pass through one set, the middling size through another, and so on. They can thus be fed separately, and the elder birds will not devour the allowance of the young ones. All kinds of green food must be accessible. As young chickens will do no harm, a good plan is to let them have the run of a garden in search of worms and insects. Whether animal food is necessary to them is a moot question.

#### DISEASES OF FOWLS.

Among the diseases of fowls, nothing is so fatal to the bird or so vexatious to the fancier as the roup. "Very close observation," says Mr.

Simon Saunders, "has taught me that the first premonitory symptom is a peculiar breathing. The fowl appears in perfect health for the time, but it will be seen that the skin hanging from the lower beak, and to which the wattle is attached, is inflated and emptied at every breath. Such a bird must at once be removed."

The disease may be caused first by cold, damp weather and easterly winds, when fowls of weakly habit and bad constitution will often sicken, but healthy, strong birds will not. Again, if by any accidental cause they are long without food and water, and then have an unlimited quantity of drink and whole corn given them, they gorge themselves, and ill-health is the consequence; but confinement is the chief cause, and above all being shut up in tainted coops. Nothing is so difficult as to keep fowls healthy in confinement in large cities. Two days will often suffice to change the bright, bold cock into the spiritless, drooping, rumpy fowl, carrying contagion wherever he goes.

But all roup does not come from cities. Often in the spring of the year the cocks fight, and it is necessary to take one away; search is made for something to put him in, and a rabbit hutch or open basket is found, wherein he is confined, and often irregularly supplied with food, till pity for his altered condition causes him to be let out, but he has become rumpy, and the whole yard suffers. We dwell on this, as of all disorders it is the worst, and although a cure may seem to be effected, yet at moulting, or at any other time when out of condition, the fowl is liable to be more or less affected by it again.

It is noticeable that the attention paid to poultry of late has caused the health and the constitutions of the birds to improve. Roup is not nearly so common as it was, nor so difficult of cure. It went on often unnoticed formerly, till it became chronic, and it would not be difficult to name poultry breeders, who have now a good reputation, who years ago scarcely ever saw a healthy fowl.

It is now treated at the outset if seen, but from improved management is of very rare occurrence. The cold which precedes it may often be cured by feeding twice a day with some stale crusts of bread soaked in strong ale; there must also be provided warm dry housing, cleanliness, nutritive food, and somewhat stimulating food and medicine. Most put tincture of iron in the water, and some stimulants. If not valuable, when first attacked let it be killed, but there is little doubt of a cure if taken in the first stage. But if the eyelids be swollen, the nostrils closed, the breathing difficult, the discharge from nose fetid and continual, it will be a long time before the bird is well. It becomes the consumption of fowls, and, like that in man, almost beyond cure. Some say to the contrary, but Mr. Simon Saunders says it is very contagious. Mr. Tegetmeier says it is highly so, and that fowls drinking out of the same water vessel will take it.

Where fowls are wasting without any apparent disorder, a teaspoonful of cod liver oil per day will often be found a most efficacious remedy.

We will now mention that disease so common to chickens—namely, gapes. These are caused by numerous small worms in the throat.

The best way to get rid of it is to take a hen's tail feather, strip it to an inch of the end, put it down the chicken's windpipe, twist it sharply around several times, and draw it quickly out. The worms will be found entangled in the feathers.

When this is not effectual in removing them, the tip of the feather if soaked in turpentine will remove them, but it must be put down the windpipe, not the gullet.

Very likely the worms are got from impure water, and we have been informed by a gentleman who inquires closely into these things, that having placed some worms taken from the throat of a chicken and some from the bottom of a water butt, where rain water had stood a long time, under a microscope he found them identical. We have heard of gapes where fowls had a running stream to drink from.

Camphor is perhaps the best cure for gapes, and if some is constantly kept in the water they drink they take it readily. This has been most successful.

There is another description of gapes, arising

probably from internal fever. Meal mixed with milk and salt is a good remedy. They are sometimes caused by a hard substance at the tip of the tongue; in this case remove it sharply with a thumb nail, and let it bleed freely. A gentleman mentioned this to us who had met with it in an old French writer on poultry.

Sometimes a fowl will drop suddenly after having been in perfect health. If caught directly it will be found to have eaten something that has hardened in the crop. Pour plenty of warm water down the throat, and loosen the food until soft, then give a teaspoonful of castor oil, or about as much jalap as will lie on a sixpenny piece, mixed in butter; make a pill of it and slide it into the crop. The fowl will be well in the morning.

Cayenne pepper and chalk, or both, mixed with meal, are convenient and good remedies for scouring.

When fowls are restless and dissatisfied, and continually scratching, it is often caused by vermin. These can be got rid of by supplying their houses or haunts with plenty of ashes, especially wood ashes, in which they may dust themselves, and the dust bath is rendered more effectual by adding some sulphur to the dust.

It must be borne in mind that all birds must have the bath. Some use water, some dust, but both from the same instinctive knowledge of its necessity.

Where a shallow stream of water runs across a gravel road, it will be found full of small birds washing; where a bank is dry and well exposed to the sun, birds of all kinds will be found burying themselves in the dust.

Sometimes fowls appear cramped; they have a difficulty in standing upright, and rest on their knees. In large young birds, especially cocks, this is merely the effect of weakness from fast growing, and the difficulty their long weak legs have in carrying their bodies. But if this lasts after they are getting of age, then it must be seen to. If their roosting-place has a wooden, stone, or brick floor, this is probably the cause; if this is not so, stimulating food such as we have already described must be given.

Fowls, like human beings, are subject to atmospheric influences, and if healthy fowls seem suddenly struck with illness that cannot be explained, a copious meal of bread steeped in ale will often prove a speedy and effectual remedy.

For adults nothing will restore strength like eggs boiled hard and chopped fine. If these remedies are not successful, then the constitution is at fault, and good healthy cocks must be sought to replace those whose progeny is faulty.

Prevention is better than cure. The causes of many diseases is to be found in enfeebled and bad constitutions, and these are the consequences of in-and-in breeding.

The introduction of fresh blood is absolutely necessary every second year, and every year is better. Many fanciers who breed for feathers fear to do so lest false colours should appear, but they should recollect that the first sign of degeneracy is a foul feather—for instance, the Seabright bantam loses lacing and becomes patched, the Spanish fowls throw white feathers, and pigeons practise numberless freaks.

An experiment was once tried which will illustrate this. A pair of black pigeons were put in a large loft and allowed to breed without any introduction of fresh blood. They were well and carefully fed, and at the end of two years an account of them was taken. They had greatly multiplied, but only a third of their number were black, and the others had become spotted with white, then patched, and then quite white, while the latter had not only lost the characteristics of the breed from which they descended, but were weak and deformed in every possible way.

The introduction of fresh blood prevents all this; and the breeder for prizes and whoever wishes to have the best of the sort he keeps should never let a fowl escape him if it possesses the qualities he seeks. Such are not always to be had when wanted.

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## Fireside Novelettes.

— G —

### A VELVET DRESS AND WHAT CAME OF IT.

— O —

"MOTHER is so odd, Aunt Mary," said pretty Lottie Grey as she entered her aunt's sitting-room.

"Is she?" was the reply. "I never discovered it. What odd thing has she done?"

"Well," said Lottie, flinging herself into an easy chair, "she says she would rather I would not accept the new silk dress Uncle Robert promised me just because father is somewhat in debt, when I am sure, for that reason, if no other, I ought to take it. You see, it would save father the expense of getting me a nice dress this winter."

She paused and looked interrogatively at her aunt.

That lady smiled as she said, "Would not your father's creditors think a man who could afford such a dress for his daughter ought to be able to pay his debts?"

"But, auntie, I would tell folks it was a present from uncle," interrupted Lottie.

"The persons most interested would be the last to know it," said Aunt Mary. "Depend upon it, Lottie, unless a girl earns money she had best dress according to her father's circumstances. Let me tell you a little incident in my own life which may illustrate my meaning. Thirty years ago, when I married your uncle, he was clerking in a large retail dry-goods store in Philadelphia. His salary was good, and he liked his employers; but he was not satisfied, he said, to think of always being a clerk. He wanted to save all he could in order to come out West and go into business for himself. And as I was as ambitious as he, you may be sure we lived as economically as possible. We were doing very well, adding every year to our savings, when our second child was born. But I had a long illness then, and during the summer following our eldest, Arthur, was very delicate, requiring a great deal of my attention, so altogether our expenses were heavy. Mother came and remained some time with me, but her own family needed her, and she could only stay while our needs were most pressing.

"As winter came on Arthur grew strong, and I was again able to attend to household affairs and curtail our expenses in many ways. I could see, however, that your uncle seemed out of spirits, and one evening, when the babes were asleep, and he with his paper, I with my sewing, were seated by the centre table in our cosy sitting-room, I asked him what the trouble was.

"'Nothing serious,' he said; 'only Mr. Clark was saying a few days ago that things were not working in the store just to suit him.'

"Mr. Clark was the junior partner and business manager, Mr. Morgan, the senior partner, rarely ever visiting the store, as his health was not good.

"Did he find fault with you?" I asked.

"Oh! no; but I cannot help wondering what is wrong, and, besides, our own little affairs worry me. I do so hate to draw on our savings, but can see no way to help it, so many things are really necessary. I must have a winter suit, and you, poor little woman! when had you anything new?"

"I laughed, but all the same I felt serious. I had not had a wrap since our marriage, four years ago, and but one good dress, a garnet merino, which I ought to take for an afternoon dress now. 'You must have the suit,' I said; 'and I do need a cloak, bonnet, and dress if I go out at all.'

"And you must go out," said he. "You have been housed up all through the summer and fall; how much will you need?"

"Oh! never mind," I cried; "let us enjoy this evening; to-morrow I will put on my thinking-cap."

"And the subject was dropped then, but I could not sleep. I disliked so much to 'draw' on our savings; already I knew nearly twenty pounds had been taken for doctors' bills. Charlie said, 'No grumbling allowed about that,' and I did not grumble. I only felt sorry. All at once a bright thought entered my mind, or I deemed it a bright one.

"A long time before my marriage, when I was a child, in fact, my mother's step-sister, a most beautiful woman, had married an English gentleman of great wealth, and had gone with him to England, but, poor girl! she only lived two short years, and her husband, who, they said, was almost insane with grief, had sent to his wife's friends in America all her personal belongings, writing that he could not bear to see them.

"Besides my mother, who as I said, was a step-sister, there were three of her own sisters, who, of course, kept most of the articles, but to my mother several handsome dresses were given—too fine, mother said, for her use. After we girls—there were four of us—grew up we used often to get poor Aunt Julia's, as we always called her, dresses out of the trunk in which they were carefully kept and examine and admire them, sometimes trying to persuade mother to have them altered for us to wear. And at last she permitted my oldest sister when she married to have one, a rose-coloured silk, made into an evening dress. She then gave each of us one of the dresses, there falling to me a black silk velvet dinner dress, made with low neck, short sleeves, and very long train, and almost covered with the loveliest silk lace.

"Remember," mother had said when she gave it to me, "unless your husband should become a rich man this will not be suitable for you. I can imagine no fitting place, either, for you to wear it. Maybe, however, you can utilise it some time."

"Had not the time come now? I knew out of that long, full skirt I could get a cloak and bonnet, trimming both with the lace, and then—yes, surely it was lined all through with black silk—I could hardly wait for Charlie to go down town. I was so anxious to inspect my treasure; I did not wish him to know about it until I should stand before him arrayed in my splendour. Hurriedly doing my morning work, I settled Arthur and baby with their toys and then ran upstairs, and with a fast-beating heart inspected the dress which was to do such wonders. It was even more elegant than I had thought. Ignorant as I was, I felt it was too costly for me, but, I thought, 'It is mine, it has not cost Charlie anything; instead it will save him so much, for I do believe this lining will make me a plain walking-dress.' I sent my one servant for Mrs. Grant, a woman who sewed by the week and was a very good dress-maker, and then ripped the dress to pieces. Mrs. Grant held up her hands in admiration when she came.

"O Mrs. Grey!" she exclaimed, "I have seen fine velvet and lace in my time, but this beats all. It seems a shame to cut it up."

"I told her where I got it, and how I needed it, and we went to work. Cloaks were worn short then—and dresses made plainly—my step-aunt had been a tall woman; I, as you know, am rather small. So without much piecing the whole suit was gotten out of the dress—the cloak entirely of the velvet, lining it with it an old silk skirt of my own—the dress of the silk which had lined the velvet dress and the velvet left from the cloak. In spite of Mrs. Grant's pleadings. I cut the lace which had trimmed the skirt; as there was too much to trim the cloak, and trimmed the bonnet with what I conjured out of the scraps left, adding a feather, real ostrich, which had been on a riding hat in my girlhood's days.

"Not a word had I said to your uncle except when, on Sunday morning, he remarked, 'Well, little woman, you must have your winter outdoor suit next week,' I had laughingly replied, 'Just wait, Charlie. I am making a cloak out of an old dress mother gave me.'

"He made a funny grimace, and catching baby up said—

"Won't your mamma be fine in a new cloak made out of grandmother's old dress?" then, turning to me, "Seriously, Mary, you must have some new things."

"Well, don't be in a hurry," I answered. And by the next Sabbath I was ready to astonish him. But something was wrong. If I had not been so busy planning my suit I would have seen it before. When I presented myself to accompany him to church, he hardly noticed what I had on.

"You do look nice, Mary," he said. "Grandmother's dress was worth making over; that is what you women call it, isn't it? but my

head aches so would you mind going to church without me?"

"I did mind it, but as I saw he looked out of sorts, I said I didn't, and offered to stay at home with him. He would not hear to that, and I went without him.

"I was a little late, and as I walked up the aisle I was very conscious that I was looking, as Charlie said, 'very nice.' The seats were pretty well filled, and I did not see a vacant one at once, but as I glanced around I caught Mrs. Morgan's eye, and she opened the door of her pew. She was the wife of the senior partner, quite an elderly lady, and had shown me many little attentions during my own and little Arthur's illness, so I felt quite at ease, and smiled my thanks as I seated myself. I observed once or twice that she looked at me rather critically, and once saw an expression of surprise on her usually placid face, but in my silly vanity I only thought, 'She has no need to be ashamed of me.'

"As we were going out of church I spoke to her, and I fancied she was somewhat cool in her manner. She did not ask about Arthur and the baby, which was strange in her, and as I walked homeward I wondered at the sudden alteration in her. But when I reached home baby was fretting, and I changed my dress speedily and forgot all about Mrs. Morgan while looking after the wants of my household.

"Shall I read to you, Charlie?" I said, when the babies were in bed for the night.

"I believe not; I am not feeling just right," he said.

"What is the matter?" I asked, as I had two weeks before. "You did not have to draw much of your savings, did you?"

"That is not the trouble, Mary," he replied, "it is about the store. Mr. Clark told me early last week that for some months he has thought there were goods missing several times; now he is sure of it, as some valuable silks are gone. And he says the thief must be someone in the store. He is going to have a detective at work this week."

"At any rate, Charlie," I said, "you need not worry, they cannot suspect you."

"No," he answered, "but I cannot help feeling troubled. I cannot imagine who the thief can be."

"On Monday, when he came home to dinner, he was very pale, and had such a haggard look on his face that I was startled.

"Charlie," I cried, "what is it? are you sick?"

"Not sick, Mary," he said, in a voice totally unlike his own. Then he laughed such a strange-sounding laugh that I was frightened. "You know," he went on, "I told you Mr. Clark said there was a thief in the store. What do you think of that thief being your husband?"

"He was walking back and forth across the room, his lips set firm, his face white as death."

"There is a mistake," I cried; "they cannot—" Then I burst into a passion of tears; that seemed to quiet him.

"Poor little woman!" he said, stopping in his walk and putting his arms around me.

"Will they put you in jail?" I sobbed. His frame shook as with an ague.

"Not yet," he answered; "it is only a case of suspicion. I do not know on what grounds."

"What did they say?" I asked; "who accuses you? O Charlie! how could they?"

"I do not in the least understand," he said; "I never dreamed of their suspecting me until about an hour ago, when old Mr. Morgan came to the store in great haste; he and Clark were shut up together in the office awhile; then they came out together, and Clark asked me to step aside with him. 'Grey,' he said, 'Mr. Morgan has been telling some strange things. I cannot but believe they can be explained, but you had better go quietly home and remain until the matter is thoroughly sifted.'

"What do you mean?" I asked; "what matter needs sifting?" As God is my judge, Mary, I never once thought of the theft."

"Mr. Clark did not answer at once. He looked steadily in my face for a minute; then he said: 'Go home, Grey; I am certain of your innocence, but go home now.' He walked away, and, half stunned, I realised what he meant and got home somehow. O Mary! He was falling; I got him to the lounge, and he threw himself on it face downward, still trembling.

"I was dazed. What could it mean. Charlie



had been with them so long. They knew him so well and had always trusted him. How long I was lost in thought I do not know, but I was roused by my husband springing to his feet and grasping a chair. His face, that had been so white, was scarlet, his eyes flashing.

"I am an innocent man," he shouted; "touch me at your peril."

"I caught him in my arms; my voice quieted him. I persuaded him to lie down, and, slipping out, sent my one servant for the nearest physician. He came, and we got my poor husband to bed.

"Some sudden shock," the doctor said; "has his mind been troubled?" How could I tell him? I said:

"Will you be kind enough to send for Mr. Morgan, his employer? I wish to see him."

"Late in the evening, while Charlie lay in a stupor that to me seemed the forerunner of death, I was summoned to the parlour to meet Mr. and Mrs. Morgan. They were standing when I entered, and Mrs. Morgan came to me at once, and taking my hand in both hers, said:—

"My dear, we have come to tell you the real criminal is found, and—"

"I interrupted her, drawing my hand from her grasp.

"Oh!" I cried, "what does it matter now? You have killed my husband!"

"Your husband will recover, my dear," interposed Mr. Morgan, "the doctor says, with careful nursing, and that he shall have if love and money can procure it. He has not been well for some time, or that would not have hurt him."

"It would," I cried, passionately; "he never dreamed he could be suspected. It was too cruel. Oh, Mr. Morgan! how could you suspect him? You had known him so long—"

"I am sorry, Mrs. Grey," the gentleman answered, "to tell you it was yourself that directed suspicion towards him."

"I looked at him in amazement.

"My dear," said Mrs. Morgan, "it was your dress yesterday. Such velvet! such lace! fit for a duchess. I never saw anything like it. How could a clerk on your husband's salary get such things?"

"I interrupted her. 'I beg pardon,' I said, and ran out of the room. Up-stairs I almost flew; I gathered dress, cloak, bonnet, scraps, the yards of lace left over, and hurrying back to the parlour piled them in Mrs. Morgan's lap, pouring out my story as rapidly as I could form words.

"The lady examined the articles. 'O, my dear!' she said; 'how could you cut such things up? Why, this velvet is worth fifty dollars a yard, if a cent, and the lace, eh! it is priceless.'

"I am staying from Charlie too long," I cried.

"Who is with him?" asked Mrs. Morgan.

"A friend; a neighbour," I said; "but I cannot stay."

"Mrs. Morgan rose, placing the garments on the sofa, but still holding the yards of lace.

"May I see your husband. I am a good nurse," she said.

"I hesitated. 'I can do no harm,' she went on, 'if he is, as you think, in a stupor. I am his friend.'

"Come, then," I answered, and led the way. My dear, I need not dwell on what passed during the nine days following. Mr. and Mrs. Morgan were indeed friends; night and day one of them was with us, and when Charlie began to get better they rejoiced with me.

"As soon as Charlie was well enough—indeed, as soon as he could listen—I told him how he came to be suspected, although Mr. and Mrs. Morgan declared they never suspected him; that Mr. Clark was too hasty; while Mr. Clark said it was Charlie's manner made him so quick to think evil when he heard of my finery from Mr. Morgan. Poor Charlie, with the fever in his veins, acted oddly all those days I was working and thinking of my new winter outfit. If I had not been so absorbed in it. Ah, me! who knows—Charlie smiled a wan smile as I poured out my full heart to him.

"Poor little woman," he said; "who would have thought an old dress could have caused trouble. Let me see it."

"And then the suit was brought. 'But,' says Charlie, 'where is the rest of this lace?'

You said several yards were left, and it is certainly very valuable."

"I could not find it; I had forgotten all about it. 'Never mind,' Charlie said; 'you will come across it.' I did not worry. He was getting well; nothing could trouble me now.

"In a day or two Mrs. Morgan came again; she brought the lace. 'I took it to a dealer, she said, 'and had it valued. I will give you three hundred dollars for it, and pay you at the same rate for the other pieces; and I will give you one hundred dollars for the cloak.' I caught my breath and looked at my husband.

"Do as you please," he said.

"O, Charlie!" I cried, "it will pay the doctor's bill and all. You can have it, Mrs. Morgan." You ought to have seen her raptures over her bargain, as she called it. She unfolded the lace and held it to the light. She spread it over the white counterpane. I laughed. "Mrs Morgan," I said, "you are a lover of laces."

"Yes," she said; "there is nothing I admire so much as fine lace. I had rather have this," and she tenderly lifted it, "than a painting by one of the old masters."

"You are very welcome to it," I answered; "I am sure I had much rather have its worth in money."

"Well, to shorten my story, she did take all, except a few scraps I kept for memory's sake, and when she found how anxious we were to go West, she persuaded her husband to send a stock of goods out here, and put your uncle in charge, giving him a handsome commission, and that is how he got his start in life."

"Auntie," said Lottie, solemnly, "you are ruining the moral of your story, for, after all, it seems the wonderful suit helped you along."

"Ah! Lottie," said her aunt, "if you knew how I suffered while my husband's life hung in the balance."

Tears were in Mrs. Grey's eyes, and impulsive Lottie, springing up, ran to her side and kissed them off.

"Now, auntie," she said, "I am converted. I'll tell uncle, if he wants to give me anything, a nice cashmere will do, and I will take the silk when better times come. Nobody shall say my father's daughter is ruining him with her extravagance, or dressing beyond his means, and when I think of it, auntie, it seems reasonable enough that they should do so if I came out in such splendour just now. I must go ask mother's pardon for thinking her odd. But oh! haven't you a scrap of that lace. I would like to see it."

"Yes, a scrap about three inches long," was the answer; "come up-stairs, and you shall see it." And that is the end of Auntie Grey's story of the velvet dress.

## FEEDING THE BABY.

—O:—

THE act of nursing is so delightful to a babe that it usually affords it a passing pleasure, and its pitiful crying is soothed at its mother's breast, only, perhaps, to be followed by more violent and distracting cries soon after. The discomfort of being overfed is as great to a babe as to an adult; and it is fortunate that in the case of the former, since ignorant grown people will persist in gorging it, that nature has provided for it an easy relief in the throwing off its food, which, with some poor children, induces a chronic state of sour bibs and chilly slips.

Grandmothers and good old aunts to the contrary, dear young mother, bring your precious baby up by the clock. Feed him at first at regular intervals of two hours each. You will find it not only possible, but easy, to accustom the child to this periodicity, and you will be much freer to leave him in trusted hands, and go out for the change and exercise you need yourself.

As the babe grows older and stronger, the intervals between the meals may be lengthened; your own observation and the advice of your family physician guiding you in deciding the matter. An arbitrary rule cannot be made to apply to all cases; for a big, bouncing baby, muscular, strong, and well developed, may require food oftener and in larger quantities than another which is small, dainty, fragile as a bit of porcelain. It is a fortunate thing for the babe when his mother can nurse him her-

self at her breast, and a thrice fortunate thing for the mother, since bottle-fed babies are always harder to care for, and the question of their health, growth, and life is more or less a perplexing problem. Pip, poor fellow, was brought up by hand, none too tenderly, and all little folk thus "raised" are to be commiserated.

The nursing mother must be careful of her diet—not indulging in doubtful delicacies, or eating dainties which may impair her digestion. She is the warden of another life, and any indiscretions of hers will act unfavourably upon her charge. Nor must she yield to irritability or give way to temper, for her sin in this regard will at once return upon her head in the suffering of the innocent little one.

If the babe must be fed on the bottle, let the attending physician decide of what the food shall be made. Preparations of barley, oatmeal, wheat, and other cereals are considered by many doctors better substitutes for breast-milk than the milk of a cow. Above all, see that the bottles used are kept scrupulously clean. Very few servants can be trusted to attend to this. The mother should personally see that the bottles, of which there should be several, are always thoroughly cleansed every time they are used.

Sleep is an important factor in the baby's well-being. The little human animal requires a great deal of sleep. In fact, to sleep is its main business in the beginning of its days, and a healthy child for the first month should, and often does, spend twenty hours out of the twenty-four in this occupation.

It is not well to carry the little one about the house, or to admit into his sovereign presence too many admiring friends.

The baby's world should be a hushed and quiet world. The nest, with the protecting love that hallows the little enclosure, is the best and most fitting type of baby's nursery. Doors should not be slammed, loud talking should be forbidden, and all sudden violent noises should be excluded from the sacred precincts.

Still, be not too quiet. Baby may easily be accustomed to the ordinary sounds of a household, to low-toned conversation, to the movements of people to and fro. You need not slip about like a ghost, nor steal around like a burglar, in order not to disturb his majesty's repose. Commotion, disturbance, uproar, such as should never be permitted in a well-regulated family, may annoy the infant sleeper, and frighten him into wakefulness; but the usual flow of family life will only be an accompaniment to his dreams.

GOODS IN DEMAND IN HAYTI.—During the last two years English goods, which had lost ground against heavy importations of American cotton goods, have come to the front again, and only smaller lots of these American goods now come to the market, such as prints and calicoes; and the American blue material, called "Easton," is still liked. The higher class of fine goods are on the decline, and there is more demand for the coarser kinds. The articles selling best at present may be mentioned as—Manchester goods (cotton)—Blue cotton, coarse; Bengals, coarse; Osnaburghs, coarse; matings, coarse; madapollams, fine. White and grey sheetings, half-fine; grey domestics, coarse; checked domestics, half-fine; prints, fine; Oxfords, fine; muslins (hard book muslins), fine; and Victoria lawns, fine. Belfast goods (linen and union)—Brabants, coarse and half-fine; Platillas (union), fine; Cambrays, Estopillas, Morlaix, finer and coarser kinds (linen and union); handkerchiefs head and pocket (linen and union); plain and coloured, all sizes and kinds (the chief article is the "imitation Madras"); Swiss stripes and checks, fine; and handkerchiefs, for head and pocket, plain and coloured, fine.

FLIES AND VENTILATION.—Flies are a great nuisance, but are purifiers. They use up all the little particles of filth, and render many apartments comparatively healthful which without them would be unfit to live in. So in shutting out flies great care should be taken to still secure the best of ventilation, and preserve everything in the most perfect neatness.

TOBACCONISTS.—"How to Commence (126 pages) from £20 to £2000," 3d.—109, Euston Road, London.



# THE GARDEN

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(Continued from page 328.)

**CARROTS** require deep soil, well manured some time before, or the carrots are apt to fork. Sown broadcast in early March and July, the latter for winter use. The *Doreus carota* has been much improved from what it was in its wild state. It is supposed to have been a native of the sea-coast in Southern Europe, but is abundant everywhere now. It delights in a deep, sandy soil, well drained and deeply trenched. The ground should be trenched in autumn. The long-rooted sorts require three feet of soil, but the shortorn sort will grow in six inches of good compost, over other soil. The soil may be lightened with peat earth. Good carrots will grow even in unfavourable soils, by making holes eighteen inches deep with a crowbar and filling them up with sandy compost, in which sow the seeds. All carrots require, after sowing them, to thin the plants and keep them clear of weeds. They must be taken up in autumn, and stored in a cool shed or cellar.

Chervil should be sown all the year round every fortnight at the foot of a wall, with a southern exposure in spring and autumn, in the shade in summer.

Spinach—*Spinacea oleracea*—is an annual, cultivated for its succulent leaves. It wants good ground, well worked and manured; abundant watering will be wanted for summer crops. The first sowing of winter spinach should be made early in August, and another towards the end of the month, in some shaded but not sheltered situation, in rows eighteen inches apart, the plants as they advance being thinned and the ground hoed.

By the beginning of winter the outer leaves will have become fit for use; and, if the weather is mild, successive gatherings may be obtained until the beginning of May. The prickly seed and the Flanders are the best for winter, and these should be thinned out early in the autumn to about two inches apart, and, later on, to six inches. The lettuce-leaved is a good succulent sort, but not quite so hardy.

To afford a succession of summer spinach, the seeds should be sown about the middle of February, and again in March; after this small quantities should be sown once a fortnight, as summer spinach lasts but a short time. They are generally sown in shallow drills between the lines of peas. If a plot of ground has to be wholly occupied, the rows should be about a foot apart. The round-leaved is the best for summer use.

The kidney bean—*Phaseolus vulgaris*—requires a light, loamy soil, well manured. It can be sown broadcast or in drills. Early crops should be sown at the end of March or beginning of April. The temperature of the soil must be above 45°, or the beans will make but slow progress. The March crop should be got in early in May, and a late sowing may be made early in July. The earlier plantings may be sown in small pots, and put in frames or houses until they can be planted out of doors. The earliest out of door crop may be sheltered by means of thatched hurdles placed sloping on bearers supported by posts. The sides should be covered one and a half or two inches high, the distance between the rows being about two feet, and for the dwarfest sorts eighteen inches, and that between plants from four to six inches. The pods may be used as a green vegetable, in which case they should be gathered whilst they are so crisp as to be readily snapped in two when bent; but when the dry seeds are to be used the pods should be allowed to ripen. As the green pods are gathered, others will continue to form in abundance; but if old seed-forming pods are allowed to remain the formation of young ones will be greatly checked.

Lentils should be sown at the end of April or the beginning of March in a dry and sandy soil. Spanish lentils (*Lathyrus salivus*) are cultivated to be eaten green. Grown like peas.

Mache, lambs' lettuce, or corn salad (*Valerianella Locusta*), or *Olivaria*, is a weedy annual, native of Southern Europe, not unfrequent in

Britain. In France it is used as a substitute for lettuces, but is less esteemed in England. The plant is raised from a seed sown on rich, light, well-manured ground, and should be carefully weeded and watered till winter, when it should be carefully protected from frost by litter. Pick the longest first; sow from August to March.

Turnips should be sown broadcast from the 15th of June to the 15th of September, ending with the earliest sorts. They must be thinned out and weeded. Pull up before heavy frosts, as in the case of beetroot. The turnip fly is a great pest. To get rid of this pest it has been found beneficial to dust the plants with quicklime, and also to draw over the young plants nets smeared with some sticky substance like treacle, by which large quantities might be caught and destroyed. It has also been recommended as a palliative to sow thickly in order to allow for a proportion of loss from this and other causes, and, as a preventive, to scatter gas-lime over the surface after the seed has been sown. Mr. Thompson also suggests the following remedy:—"In the first place let a supply of water be brought close to hand, and to each end of the quarter; then let one person move steadily along one side of the piece of ground from one end to the other, delivering the water through a rose as he proceeds. The fleas will jump forward as the water approaches them, and a second person, following the first, will keep them on the hop forward, whilst a third will drive them still further, and so on until the whole are driven off the ground."

The best turnips for garden crops are Early Purple-top Munich, the earliest and best of all; Early White Strapleaf, very quick growing and good. There are many others which seedsmen will recommend.

Onions will grow in heavy soils, well manured and dry. Sow in February and March. The ground must be harrowed with a pitchfork, then raked, after which throw over all a slight layer of mould. Prick and plant again where there is a vacancy. Water and rake when needed. When ripe, pull, and after drying them on the ground a day or two, put in a dry place. Many persons sow them in narrow drills, ten inches apart, the ground being made as level and firm as possible, and the plants should be regularly thinned, hoed, and kept from weeds. At the final thinning they should be set from three to six inches apart, the latter distance in very rich soil. Sow at the end of August for spring onions. Those which are not required for the kitchen, if allowed to stand, and if the flower-bud is picked out on its first appearance, and the earth stirred about them, frequently produce bulbs equal in size and quality to the large ones that are imported.

Parsley may be sown in furrows, borders, broadcast, in all kinds of soil from March until August. Cover with leaves in winter to guard against the frost.

Peas should be sown in ground manured beforehand, but not very recently, or they will give more flowers than leaves. Same treatment as kidney beans. This is a hardy annual, climbing by means of the tendrils of its leaves. The seeds are very nutritious, whether eaten green or ripe, early crops being considered luxuries.

Good peas are numerous, but we select a few: Dillistone's Early (Sutton's Ringleader, Carter's First Crop), the earliest sort; Sangster No. 1, a good form of early frame (which must be resorted to if very early peas are required); Maclean's Adventurer, Standish, Criterion, &c.

Radishes, round and long, which are the same species, and of Chinese origin, should be sown from March until autumn. Sow in the shade in summer, and water copiously to have them tender. The radish (*Raphanus sativus*) is unknown in a wild state. Some varieties of our wild radish (*R. raphanistrum*) are, however, met on the Mediterranean coasts, and they come so near to it as to suggest that it may possibly be a cultivated race of the same species. The radish succeeds in any well-worked not too heavy garden soil, but requires a warm sheltered situation. The seed is generally sown broadcast in beds four feet wide, with alleys between, the beds requiring to be netted over to protect them from birds. The earliest crop may be sown about the middle of December, the seed beds being at once covered with litter, which should not be removed till the plants come up, and there only in the daytime, and when there is no frost. If the crop succeeds, which depends on the state of the weather, it will be made about the begin-

ning of March. Another sowing may be made in January, a third early in February, from which time till October a small sowing should be made every fortnight or three weeks in spring, and rather more frequently during summer. About the end of October, and again in November, a late sowing may be made on a south border or bank, the plants being protected in severe weather with litter or mats. The winter radishes, which grow to a large size, should be sown in the beginning of July and in August in drills from six to nine inches apart, the plants being thinned to five or six inches in the row. The roots become fit for use during the autumn. For winter use they should be taken up before severe frost sets in, and stored in dry sand.

The Raiponse—*Campanula rapunculosa*, or Rampion—is native or naturalised in the south of England, but is not much cultivated. The white, fleshy roots known as "ramps," are used raw as a salad, and boiled like asparagus. It must be sown in light, well-manured soil, and the seed, which is very small, should be mixed with sand before sowing it.

Salsify (salsify) is a biennial, and requires good soil, deep, well-manured. It should be sown broadcast from March to June. It requires a good deal of watering and hoeing. It is very hardy, with long, cylindrical, fleshy, esculent roots, which, when properly cooked, are extremely delicate and wholesome; it occurs in meadows and pastures in the Mediterranean regions, and in Britain is confined to the South of England. The ground should be trenched in autumn, the manure used being placed at two spades' depth from the surface. The plants must be thinned to eight inches apart. In November the whitish roots should be taken up and stored in sand for immediate use, others being secured in a similar way during the intervals of fine weather.

Scorzonera is very similar to salsify. It is sown from February to August. Its roots are black outside. Both in growth and cooking the same as salsify. This latter is known in the country as the root of the "Oyster Plant," or "Purple Goat's Beard."

Celery is sown over hotbeds, under frames or bells, from January to March, and, in the open, in mould from April to June. The plant is pricked out when it has three leaves, at a short distance one from the other. When it is strong enough, which it is in April, it is planted out in fresh earth in furrows and trenches, three or four feet apart. The soil at the bottom of the trench is to be carefully dug and manured, and a single row of plants placed in each trench. As the plants advance in growth, earth is laid about the stalks of the leaves, and this is repeated at the end of every ten or fifteen days. Many delay the earthing up until the plants have nearly attained their full size, when the earthing is performed at once. It is better, however, to begin earthing up when the crop is about half grown, and to complete it by adding a little more soil at short intervals. Moore, speaking of celery, says: "It has been so much improved by cultivation as to have lost its acrid deleterious properties, and is now a stout, succulent plant, with a mild and agreeable flavour, and in the finer varieties with all the stalk solid instead of pipy. The blanched parts are alone good."

Chicory *endivia* is sown from January to March in hotbeds and under frames, and from April, in the open in light, soft soil. Summer chicory is sown in April, and another sort in June.

Cabbage.—There is an endless variety of this vegetable, but a few will suffice for garden purposes. All require a rather strong, well-manured soil. It should be deep. The first is the *cabus*, or white-headed. This includes the Early Yorks. Early cabbages should be sown from the 15th August to the 8th September, but the first sowing of cabbages should be in the beginning of March; these will be ready in July and August, following the autumn sown crops. The autumn sowing, which affords the supply for spring and summer use, should be made in warm localities in the south, in the last week in August, in the north about a fortnight earlier.

Cabbages grown late in the autumn and in the beginning of winter are denominated Coleworts (*vulgo* Collards) from a kindred vegetable no longer cultivated. Two sowings are made, in the middle of June and July, and the seedlings are planted a foot or fifteen inches asunder, the rows being eight or ten inches apart.

Scallions must be sown in substantial soil



covered with mould; it must be sown broadcast in February, and pricked out in April and May. It wants to be watered occasionally and weeded. It is again sown in July, to be picked out in September. Moore says: "The Welsh onion or ciboule (scallion) is a hardy perennial, and native of Siberia. It forms no bulbs, but, on account of its extreme hardness, is sown in July and early in August, to furnish a reliable supply of young onions for use in salads during the early spring.

The pumpkin, one of the gourd tribe, is of southern origin. They all want heat, humidity, and good soil, well manured. The seeds are sown over hotbeds, and under bells in little pots full of mould. They are unpotted during the first fortnight in May, to put in their proper place in the open, if the land has a good aspect.

There is one axiom quite as true of the garden as of many other things—nothing will teach a man like patience and practice.



## RABBITS—(Continued).

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(Continued from page 331.)

It simply means that any sort of box with four sides and a roof and a floor is good enough for a rabbit to live in. This is not only contrary to common sense, but to common humanity. A rabbit wants comfort and cleanliness, and can no more thrive in a crazy, ugly box than a canary could live or sing in an old hat, or a rusty tin kettle. The mistake probably arose from the fact that knowing the rabbit to be a burrowing animal, and hence the idea went forth that any kind of wooden structure is better than a hole in the damp earth. But a rabbit burrow is not a mere hole in the ground.

In truth, the principles of rabbit architecture are almost as scientific as those of bees. A recent investigator says—"To learn this we must go to the warren. There we find that the rabbit makes its dwelling in a sandy soil, and therefore well drained; in hillocks and mounds in preference to hollow bottoms, and therefore dry. The burrows frequently communicate with each other, and therefore allow a certain amount of ventilation, the wind often blowing into the mouth of the hole being sufficient to insure that. The thick stratum of light earth which covers the habitations of a colony of rabbits causes coolness in summer and warmth in winter. In the depth of a burrow it never freezes, and is never oppressively hot. In short, with the exception of the absence of light, which is of little importance in a sleeping place, a rabbit's burrow, magnified to corresponding proportions, would make at a pinch a very bearable habitation for human beings devoid of other shelter; the nest which a doe prepares for her young is soft and warm enough for a baby to lie in if sufficiently enlarged. And in truth many thousands of our fellow creatures spend their lives, are born, and die in cellars which are less wholesome than a rabbit's burrow on this large imaginary scale would be."

This extract will be a useful guide and hint to the young rabbit keeper, who must be made fully aware that his stock will turn out just as he makes it. Animals feel the effects of tameness just as the human kind feel civilisation. "The ancient British savage," remarks Beeton, "from whom sprung the nineteenth century 'swell,' lived in a cave, was by no means particular whether his steak or chop was raw or cooked, and thought himself amply clothed in a coat of red and blue paint."

The rabbit fancier should think of this when he gets weary of the fun of hutch tending, and goes back to the ancient delusion that to take so much trouble with a creature used to a hole in the ground is as absurd as putting a donkey in a drawing-room.

Doubtless if the rabbit were consulted it would prefer its hole in the ground to the finest hutch ever made. But if you do imprison

him, the least thing you can do is to provide him with comfort.

No animal deteriorates more rapidly if neglected, and his bright, decent, and comfortable russet suit assumes all sorts of "rusty" tints and colours unknown to nature, his ears grow unnaturally long, his spine crooked, and by degrees the race becomes utterly deteriorated.

Then, if you wish to prosper in your experiments on rabbits, give them a comfortable home. If your rabbits are few a portable hutch will do; it can be kept clean as easily as a bird cage, or a dog kennel; it can easily be guarded against vermin, cats, dogs, and rats, and can be moved as sun or shade may be required. This may be bought, but may be made by means of a few planks and a little patience and ingenuity.

In shape it ought to be straight sided, backed, and floored, with a roof slanting equally on either side. A dog kennel is a very good model as to shape. It should be six feet from front to back, and three feet and a-half from side to side—while the height should be a little over two feet. If convenient make the roof of two pieces of wood, as you can the easier make it waterproof, with a little bit over for eaves.

Erect a light partition in the centre to within four inches of the ridge of the roof, and four feet long, which will leave a foot's space at each end. Then make two other partitions, on either side of this, by which means you have four rooms, but open at the ends; two other partitions must now be stretched across and fixed at either side of the long centre partition. These two commodious compartments are provided for weaning purposes.

The doors must be on the roof of the house—that is to say, there must be as many doors or slides as there are rooms, as they can thus be lifted more readily than through a wall door. They must not be hinged, but made to slide in grooves. Some make them of glass, but good authorities condemn this practice. Rabbits are not partial to too much light; besides, the sight of a fierce cat on the roof might throw a timid doe into fits, and, frightened lest the ferocious monster should get at them, induce her to eat her little ones.

The slides must be watertight, while a few holes, large enough to admit the tip of the little finger, should be bored for ventilation.

On the floor depends much. It should be of hard wood, as not all the scrubbing in the world will do any good if soft wood, into which liquid waste soaks, is used. This is a fertile source of the smells sometimes complained of. The floor should also be slanting, and the complaints about a nasty-smelling rabbit-hutch would be unheard.

Beneath there should be an open space, which is obtained by standing the hutch upon four legs.

Of course, the portable hutch will not do if you mean to keep a large quantity of rabbits. Then you must have the old square rabbit-hutches, one above another—as many as the room will hold—with a sufficient space between for feeding and cleaning. It is best to rest the hutches on stands, about a foot from the ground, for the convenience of cleaning under them. Breeding-hutches should have two rooms—a feeding and a bedroom. Those are single for the use of the weaned rabbits and for the bucks, which are always kept separate. The floor should be planed smooth, and a common hoe is a useful article with which to clear away the litter. Always bear in mind that exposure to rain, whether externally or internally, is fatal to rabbits, which, like sheep, are liable to the rot, springing from the same causes.

Where many rabbits are kept thorough ventilation and good air are indispensable; otherwise they will neither prosper nor remain healthy. The ventilation should go to the length of a thorough draught, and should be so contrived as to be checked in cold or wet weather by the closing or shutting of opposite doors or windows.

But one very important feature in rabbit-keeping is to look after their diseases. If properly attended to they are not liable to many illnesses; but if neglected no animal is more liable to a variety of ailments. In a state of nature they are very hardy and strong; but when in a state of domestication their illnesses

are often serious, and, if not promptly attended to, fatal.

The best test of a rabbit's health is, does he take to his food kindly? When a rabbit is very quiet, sits in the corner of his hutch, and does not care about feeding-time, be sure he is ill. It is a very rare thing for a healthy rabbit not to caper about, even if his feeding-trough is well supplied.

Some complaints and diseases are much more easily cured than others, and very often the most troublesome to treat are really the least serious in their nature; while often a complaint from which a rabbit is suffering for the first time, and which, if promptly and properly met, would have easily yielded, proves fatal.

One thing is certain—that the old adage that prevention is better than cure is as applicable to the diseases of rabbits as to those of man.

All complaints treated in time, or when in the early stages, are always likely to terminate favourably and save a vast amount of anxiety and trouble than if they be allowed to go for some time unheeded. Every rabbit owner should have his medicine chest, but the less demand on its resources the better.

All those animals suffering from mange, scurf, snuffles, or other contagious or infectious complaints, should at once be separated from the others, and all feeding-troughs scalded out, and the interior of the hutches limewashed before being again used. Such rabbits should always be put by themselves, as they can then receive the necessary treatment, and they will not be disturbed by the movements of their companions.

Mr. Leonard U. Gill\* has collected a large number of recipes, from which we take a few.

An abscess may be known by the presence of a large lump, accompanied by unusual heat and tenderness of the part, and when it matures becomes soft. When in a proper state for operating on it must be opened with a lancet, and squeezed gently, so as not to hurt the patient. It must be kept open for forty-eight hours, or it will close again. The hair should be cut round the abscess, and some flour of sulphur given to the animal. If the rabbit will not eat, give it plenty of new milk, and if it takes to it, a little bread in the milk.

In the case of canker in the ear the symptoms are a thick yellow discharge from the inside of the ear; the eye on the side that is affected appears to be very weak, with a slight discharge; the animal loses condition, and does not relish its food. It arises from an ulceration in a deep recess, and is difficult to cure.

In the first place clear out the discharge by a little pressure and a sponge or soft rag soaked in warm water, but care must be taken that none of the water falls in the ear. When dry, apply a lotion of sulphate of zinc 12 grs., water 2 ozs., wine of opium 1 dr., mixed; or a mixture of one part of Goulard's extract of lead to five parts of pure olive oil. The head should be held on one side, and about half a teaspoonful of either poured into the ear twice a day. Give the rabbit the best food; and extra care will in this be required, for should the rabbit become weak his chance of recovery is indeed slight.

Cold in the eyes may be known by the inflamed condition of the eyes, and by the running of water or tears from them. Bathe twice a day with sulphate of zinc lotion, 2 grs. to the ounce.

**A GOOD CEMENT.**—A good cement for mending almost anything may be made by mixing together litharge and glycerine to the consistency of thick cream or fresh putty. The cement is useful for mending stone jars or any coarse earthenware, stopping leaks in seams of tin pans or wash-boilers, cracks and holes in iron kettles, &c. We have filled holes an inch in diameter in kettles, and used the same for years in boiling water and feed. It may also be used to fasten on lamp tops, or tighten loose nuts, to secure loose bolts whose nuts are lost, to tighten loose joints of wood or iron, loose boxes in wagon hubs, and in a great many other ways. In all cases, the article mended should not be used till the cement has hardened, which will require from one day to a week, according to the quantity used. This cement will resist the action of water, hot or cold, acids, and almost any degree of heat.

\* "The Book of the Rabbit."



# HOUSEHOLD MANAGEMENT

## WOMAN IN THE HOUSEHOLD.

(Continued from page 326.)

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### NURSING.

As women, especially in remote places, are often called on to minister to the wants of their poorer neighbours, we will tell a story told to us by Mary Safford, M.D., Professor of Boston University:—

Those who read this will now hear about the little patient who came to me yesterday. What a wretched little huddle she looked as I came down to her. She is only thirteen, but the tired-out-ness of forty-five was on her pale face. Her lungs were lost, folded up somewhere between her rounded, bowed shoulders, as she drooped in her chair.

"Sit up! Sit up—up!" I said, my own lungs aching sympathetically at sight of her.

"I—can't!" she answered me, and with such a hopeless respiration.

I doubt if she will or can yet, of her own accord. I drew her shoulders back, but they fell forward again in a moment as I took my seat.

My pale patient goes to school from nine a.m. to two p.m. The school is about four blocks from her house. I learned from her that she almost always rides to school on the horse cars that pass by her door.

This pale girl is very ambitious to rank high in her studies. Very often, when the half-hour recess is given, she is seen crouched in a remote corner, puzzling over some unconquered problem, so that she does not even get a change of position nor a breath of fresh air. Sometimes she is too hurried and anxious to eat her lunch. Since my talk with her teacher, however, I do not regard this as a serious loss.

When my pale young friend gets home from school does she do as does her brother, two years her senior? He takes bat and ball and makes a bee-line for the nearest playground, and there, with a rollicking set of playmates, throws his whole soul and body into fun-making for two or more hours.

No, she doesn't do that. A piano lesson is to be practised, or there is a fascinating piece of Kensington stitch to be finished in time for a present for some festal occasion. She gets no change of position. Her head still droops, her shoulders still bow forward, her spine still curves.

And thus the twelve hours of precious sunshine have faded into evening, and the pale girl has had it all under glass. Now night closes in upon her, the lamp is lighted, and the brother and sister draw about it and begin the task of studying for the coming day.

His mind is fresh. His body tingles with ruddy health from head to foot. An hour of good study suffices for him; he is ready for bed. Probably "study hours out of school" will work him no serious harm.

But his pale sister! She was so weary and nervous when she began to study that nothing seems clear to her, and after spending two hours bowed over her books in an endeavour to commit her lessons to memory, discouraged and, it may be, tearful, she is persuaded to go to bed. But it is not to sleep a quiet, restful sleep. Her lessons haunt her dreams; she awakens in the morning unrefreshed, to begin the routine of another high-pressure day.

What did I do for her?

I did not put up any medicines for her to carry home.

I showed her how to sit correctly and healthfully, how to stand healthfully, and how to walk healthfully. But before the lesson was over I saw that I must send for the mother and instruct her. Upon her must fall for awhile the responsibility of insisting that her neglected child sits, stands, and walks healthfully.

In the afternoon my little patient came back to me with her mother. "I understand my

little girl to say that she needs no medicine, but you wish to lecture her mother."

"Your daughter," said I, "is not diseased. She needs her mother's immediate and patient supervision. Look at her poor little figure. She was not born so. You have allowed her to become this. How could you let your child grow into such a shape? Her spine was straight and erect; now it curves from the neck to below the shoulders. Her head and shoulders have been thrown forward because she has sat in a wrong way. The space occupied by the lungs is proportionally lessened. The muscles that should help to hold your daughter erect are lengthened, relaxed, and weak; the muscles of the chest, in her case, have become rigid. Let us see her try to take a full, deep breath."

The girl did her best. The idea that she was deformed had taken hold of her.

"You see how she gasps. You must bear in mind that if every individual cell in the lungs is not filled with air that cell becomes a dead cell, and may be the beginning of disease. Now you may sit down, my dear."

She slid down until she rested the weight of her body on the lower segments of the spine. I then explained to the mother how this position caused heat and pressure where the child spoke of having pain.

"This lower part of the back was never intended to sit upon," said I, emphatically. "The spine was made to keep erect, sitting or standing. Your daughter cannot continue those habits in sitting without interfering with the right position of the pelvic organs, and that will be the beginning of disease and suffering in them."

I went on again, placing her in front of us:

"Not only do the shoulders stoop, but one is higher than the other, as is one hip, and there is a slight curvature of the spine, and then I requested her to walk across the floor."

"Has she an elastic step?" I asked—"Does she walk as if there were joy in the movement?" The first step to restore harmony and symmetry to the muscles is to take gymnastic exercises of the right kind. Her first need is to learn how to breathe. You must insist upon walks, because open air and sunshine is as needful as exercise. You must interest her in walking by walking with her. There is flower hunting, and let her in her out-of-town excursions learn the native trees by their leaves and bark and form. With all this she must have sleep enough. Let her take a nap during the day if she will—come here again to-morrow if you like, and I say a few little things to you about your dress, and food."

It was a bleak morning in December when the little patient with her mother called again. "I'm sure you will find her all right as regards dress," said the mother. But I frequently find a mother's idea of "all right" to be my idea of "all wrong."

Her shoes were made of kid—soles were thin, the heels were an inch and a-half high, pointed, sloping toward the middle of the foot, worn off and rounded at the edges; they must sometimes have "turned" under unexpectedly. The neatly fitting stockings were cotton, held in place above the knee by a broad "elastic." I drew one off—the little foot was cold and nearly colourless—the stocking was impressed upon the skin about the ankle from the pressure of the shoe. Above the knee the elastic had reddened the flesh and indented it in ridges. I placed her foot on paper, and drew an outline of it to show the mother the contrast in width to the sole of the shoe.

"Had you studied how most effectually to impede the circulation of the blood to her extremities you could not have done it more successfully," I said. Elastic bands are injurious, and the worst place of all is just above the knee. The corsets (too tightly laced), the elastics, the tight, narrow-soled, high-heeled boots, are the causes of much mischief. The heavy-quilted skirt, too, is specially objectionable, hanging, as it does, from slender hips; and when wet around the bottom it is too thick to dry quickly, and damp ankles is the result of a walk on a wet morning. Unite her under-vest and drawers with buttons and buttonholes. Take the steels and bones from the corset, and button or hook it. Add to it shoulder-straps, and also buttons to button on her skirts, and side elastics to hold her stockings up."

When my patient came to me I could see a

hopeful change. My directions had been followed. The mother said, "I really do believe the child's table habits are bad. I am only too willing to be advised. In fact, she doesn't eat much at any time. Usually I get her to take a cup of coffee."

"Coffee must be fresh," I said. "Overdone coffee is hurtful to the stomach. After two minutes' hard boiling it is mischievous. Meats and vegetables are not good when they are dried in the oven. Milk has several food-giving qualities; of itself it makes a good meal. Take an orange before breakfast. Sweets, unless they are uncoloured and pure, are dangerous."

## HEALTHY AND COMFORTABLE HOMES.

—:O:—

A low easy-chair is another necessity—a chair in which one can lounge in wrapper and unbound hair before the fire, and think over the events of the day that is past, or build air-castles for the one to come. This is not inevitably an article of luxury, nor more likely to be expensive because it is comfortable. A rattan chair with a bright cushion will answer every purpose, or a shorter chair, well-padded back and seat, or a round box on castors with a low wooden back attached, curved to fit the back against it, and generally stuffed and padded. This should be covered like the other furniture, and finished with a deep fall of the material all around the seat.

Mantel and window curtains are the only other things that need to match; and if cheese-cloth or any thin material is used for draperies, the former should be lined with the colour used for trimmings and finished with a straight lambrequin of the same, while the same lambrequin will be a great improvement to the curtains, which may then be made quite narrow, covering only half of each side. It will not be inharmonious to have the covering of the mantel match that of the table; or, if the mantel is of oak or walnut, it is all the prettier for not being covered. But covered or uncovered let it contain china candlesticks, with real, serviceable candles in them, vases, whether English, Dresden, or French, and a low, graceful-looking clock.

A good-sized oval or round table, with a cover of satteen harmonising in colour with the rest of the belongings, is very convenient in a room of fair size to hold writing case, work basket, &c., and a very appropriate table-cover for a bedroom may be made of squares of cretonne. There is a bordering out from the striped material, and the groundwork of this bordering and that of the central square should be the same. These squares, for quite a large cover, are three-eighths of a yard each and seven in number, the ground of the central one being black, like that of the border, and the other six being two each of red, blue, and buff. These colours may, of course, be varied to suit different tastes. The squares are joined like patchwork, and the seams are covered with a black worsted braid, about two-thirds the width of skirt braid, herring-boned with gold-coloured silk. A lining of silesia, blue, green, buff, or grey, and a deep edging of antique lace, completes an exceedingly pretty table-cover.

One or two light stands are always convenient, and a gay *tête-à-tête* service—suggestive of being just comfortably "out of sorts"—and having one's breakfast or luncheon sent up, will be very ornamental for an odd corner. A simple shelf near the bed for Bible and Prayer Book seems an appropriate setting apart of these sacred volumes; while on the larger table a prettily-carved or painted book-holder will accommodate the few choice books that are wanted at hand.

Toilet-tables, with lace or muslin drapery over a frame of pine, have of late years been sown broadcast over the country; but people are coming to the conclusion that the dressing-tables and bureaux of a century ago were, after all, prettier and more artistic.

An apostle of high art hurls his lance against the "draped" articles in this fashion:—"I must protest humbly, but emphatically, against the practice which exists of enriching toilet-tables with a sort of muslin petticoat, generally



stiffened by a crinoline of pink or blue calico. Something of the same kind may be occasionally seen twisted round the frame of the toilet-glass. They just represent a milliner's notion of the 'pretty,' and nothing more. Drapery of this kind is neither wanted nor ought to be introduced in such places. A mahogany toilet-table, with marble top and a few convenient little drawers, is a cleaner and infinitely preferable contrivance, and, though more costly at first, saves something in the weekly washing bill."

To the last recommendation it may be replied that the toilet drapery is by no means got up every week, but that it will, with care, last at least through half a season. Then, again, this first cost is often a serious bugbear; and although the mahogany marble-topped contrivance, with its few convenient little drawers, is undoubtedly preferable for a room inhabited by a gentleman, the toilet-table proper does more towards furnishing, and may be made quite an article of convenience. Quite an inexpensive one may be made from a dry-goods box, 3 ft. high, 4 ft. wide, and 2 ft. 6 ins. deep, with four blocks of wood, 1 in. thick and 4 ins. square, nailed beneath each corner, to which castors are screwed. The box is placed with open side out, and fitted with a convenient shelf or two. The whole interior should be neatly papered, or painted and varnished.

On each side (at the back) of the top are fastened two long, narrow boxes, which may be obtained generally from the drug or dry goods stores. These should be about 2 ft. long and 1 ft. wide, and from 8 ins. to 10 ins. deep. By sawing pieces of lathe to fit the sides, and tacking them on proper position, shelves may be made that will be convenient for holding various articles. The covers to the boxes, fitted with small hinges, will make doors; and the whole must be neatly finished with mouldings put on with small brads, and an ornamental top and base made of square boards an inch or two deeper than the cases themselves. To these are screwed a pair of their iron brackets, which we can purchase for from 1s. 6d. to 2s. 6d., or from 3s. to 4s., fitted with lamps complete.

These cases are screwed or nailed very securely on the top of the table, as they are to sustain the glass, which is of 'comfortable size,' perfectly plain, but of good quality and neatly framed. Such a one can be purchased new for 12s. or 15s., and at second-hand frequently for half that sum.

Over the top of the glass is fastened a frame, similar to the one described for the bedstead, around which is draped a hanging made of Swiss (figured or plain), lined with rose-colour or other tint. First, a width, reaching from the top to within a few inches of the floor, is fastened to the upper back ends of the semi-circular tester, the ends finished with a deep ruffle of the same; then on the tester above this are arranged two pieces made by tacking a width of the Swiss and lining two yards long, folding it diagonally from corner to corner, cutting and trimming the two cut edges with ruffles of the same, and arranging them back of the boxes on either side. Around the top tack another ruffle made with an edge above the cord, which runs along the centre of all the ruffles.

The table-top is covered with a piece of the Swiss over a lining like the curtains, and a drapery arranged around the front, made with rings at the top, which slide on a wire beneath the narrow ruffle finishing the edge. This allows access to the shelves within. The woodwork of this table should be carefully polished and ornamented, to correspond with the rest of the furniture, which may be ebonised, enamelled in colours, embellished with marquetry, ivory inlaying, decalcomanie, painting, bronzing, and gilding, or enriched with carvings at pleasure. Any one of these methods of beautifying will be found elegant, and may be made perfect of its kind.

Quite a rich effect may also be produced by having a bureau or dressing-table made of common wood and ebonised; then furnished with drawer-rings of white metal or ivory.

These ornamental appendages are very striking, and give a handsome look to a piece of furniture. For the marble top, which adds to the expense without being an improvement, may be substituted a long damask towel richly

fringed at the ends. Upon it might rest a quaint, richly-coloured pitcher for drinking-water, a small ornamental mirror in swinging frame, and dainty toilet appurtenances.

A few engravings or photographs would be a pleasant feature, and two or three brackets, holding pieces of china and cut flowers, would add to the charm of the room. Nowhere is pretty china more in harmony, in the way of ornament, than in the bedroom. A bowl-shaped vase of purest porcelain, with a bordering of roses, rests on a corner bracket in a city room that we wot of, and makes an atmosphere of beauty all around it. Dresden china, with its wonderful raised flowers, is beautiful, but quite beyond the purse of many; and Sèvres, except in such homeopathic doses as a stray cup and saucer, scarcely to be thought of. But there are pretty vases, and pitchers, and bowls that are both tastefully coloured and cheap; and a few well-chosen specimens of this class help to beautify the "spare room," to which the housekeeper's efforts are generally directed.

China twisted into such outlandish forms as dolphins, frogs, porcupines, or small pink dogs, is not to be tolerated. Both Nature and Art cry out against such monstrosities, and the substitution of flowering bulbs for the quills of the fretful porcupine is a most unpleasant combination of ideas. Slippers with cut flowers in the toe, fishes with open mouths for the same purpose, and a host of other preposterous devices in china, are to be avoided by those who have the slightest appreciation of the fitness of things.

An open fire—and a wood fire at that—is a perfect treasure in a bedroom, and the handsomest piece of furniture that can be put into any room. A register is a worse abomination here than elsewhere, and a stove is too hot, besides being ungainly. But an open fire, with its pretty dancing lights and shadows and torchlight illumination, is a boon to be thankful for, though it requires the protection of a fender to ward off danger, and nearly as much watching as a small child.

If a bath-room or small dressing-room opens into the bedroom, so much the better; if not, and the sleeping apartment is of respectable size, there is such an admirable excuse for a screen—that charming, mysterious piece of furniture, that seems to make a picture of any room—not a diminutive affair, intended only for ornament, but a tall, wide, imposing screen, that looks like three doors half folded, and which may be contrived from a wooden clothes-horse and crimson baize, or any other material that is preferred for covering. This shuts off the washing apparatus, and can be moved about at pleasure. It may be covered with plain wall-paper, and ornamented with pictures of tropical birds and flowers, or with quaint Chinese designs on a black or vermilion ground.

We love to linger over our imaginary bedroom, which looms up through a soft light that never was on land or sea; but the picture of a real one is also worth recording. This pretty room is in a handsome, moderately-sized country house, that was built and furnished by the occupants after their own cherished ideas. The result was eminently pleasing, and the bedroom in question, having plenty of windows and sunshine, was not furnished in the light colours that usually predominate, as this would have made it altogether too glaring. It was a large, square apartment, and the dark, brilliant colouring seemed to produce the effect of a gorgeous tropical bird. The ebonised furniture was relieved by scarlet cushions, and the curtains were in stripes of Turkey-red, alternating with cream-coloured stuff, and finished with a plaited ruffle of the red. The wall was covered with a particularly rich French paper, the pattern wrought in bouquets of poppies, daisies, and morning-glories. Outside of the broad windows were clumps of evergreens; and both within and without it was (having an open fire) a particularly bright, cozy-looking winter scene.

BUTCHER (to young housekeeper): "How would you like a leg of mutton or beef, mum?" Young housekeeper (thoughtfully), "We had a leg of mutton yesterday, I guess you may sent a leg of beef."

## ABOUT DINNERS.

—:o:—

Do you give dinners? Certainly you do. One need not ask the question, knowing your hospitable nature and the pleasure you have long taken in sharing your wealth and your pleasures with your less fortunate friends. It is presumed that in a general way you are aware that the success of a dinner is largely dependent on tact in the choice of guests and their assignment at table. Nothing could be more discordant than the juxtaposition of two guests of like natures and opposing opinions. Such an arrangement would spoil the harmony of the event. A writer in the *Home Journal*, who has evidently suffered from this want of tact, discusses the general subject of dinner-giving in a practical way. His views, briefly stated, are to the following effect:—

Assign to each other two dull negatives of society who want to be amused and who cannot amuse, and you produce a conversational vacuum. On the other hand, to mate two waterspouts—persons who must talk, no matter whether they are listened to or not—and you have simply a vocal duel.

But the whole ordering and arrangement of your guests may be perfect and everything may be upset by the diners themselves. Some people are thoughtless enough in these matters. They do not reply quickly to the invitation, and you are left in ignorance whether they intend to come or not. If you do not begin with a very long line, fishing at the distance of five weeks, perhaps, you are likely to run aground, and be left stranded while the last days are upon you. With no margin left by which you can catch other fish still swimming in the social sea, you have to take what comes handy, and perhaps introduce an incongruous element which spoils the whole combination. What the hostess undergoes in a fix of this nature accounts for those deepened lines, those whitened hairs. Talk of nails in your coffin—a day of social agony like this is a whole plank!

Then there is the subject of dress. You give a smart party and you have put on your best attire—in comes a dowdy old frump with a cap that does not suit, and a gown worn shiny with long usage. Or you give a quiet little at home kind of dinner, where you are simple and trim in a high gown fastened at the throat—and in prances a gorgeous creature with peacock train bespangled with golden eyes, and all her diamonds to add to her splendour. You tell your gentlemen that they are to come in morning dress, and your husband is in a frock coat. Presently there lounges in a resplendent youth with a buttonhole, his new dress suit, a flashing stud that shines like a star. He is the false note; as is the gorgeous creature with her peacock train of golden eyes.

It would be far better if invitations should include some kind of intimation as to the extent of adornment expected. A little three-cornered symbol at the end, denoting an old phrase, "A cocked hat dinner," would make the guests aware of their relative duty and what was expected of them as members of the community. Anything else might be chosen to denote simplicity. And, after all, these small informal dinners where people are asked for the real pleasure given by their society, and where there is plenty of general talk and all the fun in common, are the most enjoyable of all. If they miss the stately grandeur and supreme culinary excellence of the finer kinds, they have in them an element of friendliness and intimacy which more than compensates for the cook's best fireworks. But then the people must be absolutely harmonious. There must not be a crude colour nor a false note—not a Brahminical prude if the joyous train is frankly Bohemian; nor a grave politician if it is merrily artistic; nor a musicless semi-savage who "does not know one tune from another," and who thinks a barrel organ as fine as a stringed band, if the talk is all of motifs and themes, Bach and Rubinstein, Wagner and Beethoven, and the amusement all of songs, and pieces "spanked" over the piano as if so many powerful mice were scuttling among the keys. The whole thing must be of one harmonious tint—not the same, but harmonious—else will the smaller number betray the discrepancies with greater clearness, and the whole thing will collapse ignominiously.



## HOW TO MAKE JELLIES.

—:0:—

**APPLE JELLY.**—Take any good juicy apples, cut them, skin, core and all, in slices into a preserving pan containing sufficient water to cover them; then put them on the fire and boil them until they are reduced to a mash. Then strain the water from them, through a hair sieve, into a basin or pan; then filter it through a flannel bag. Measure the liquid, and for every pint of it allow one pound of granulated sugar, of which make a syrup and boil it to the ball. Then mix the juice with it and boil until it jellies; stir it with a wooden spatula from the bottom, to prevent scorching; when it is boiled enough may be known by its adhering to the spatula, or a little may be dropped on a cold plate; if it soon sets it is done. Take off the scum which rises on top. This jelly may be coloured with vegetable colours—violet, green, orange, prepared cochineal, or carmine.

**QUINCE JELLY.**—This is made in the same manner as apple jelly. The seed of the quince is very mucilaginous. An ounce of the bruised seed will make three pints of water as thick as the white of an egg.

**RED CURRANT JELLY.**—Take ripe red currants and, to every four quarts of them, add one quart of ripe red raspberries; these are added in order to tone down the sharp acid of the currants. Put the mixed fruits into a bright and clean copper basin or, much better, a porcelain-lined basin, and mash them; put them on the fire and stir them until they are reduced to a mash; then strain and press the juice from them through a fine hair sieve into an earthen pan, after which filter the juice through a flannel bag. Then, for each pint of the filtered juice you have, take one pound of refined sugar, make a syrup of it and boil it to the "crack degree;" then mix the filtered juice to it, part at a time, and stir till well mixed. Continue to boil, removing the scum as it rises with a perforated skimmer, boil till it jellies, which will take about three or four minutes' time after the juice is added to the boiled sugar; then pour it immediately into your glasses or pots; when it becomes cold lay a piece of paper, cut to fit and saturated with brandy, on the top of the jelly, after which tie up closely with stout paper or with wetted bladder. Keep in a cool dry place. In this manner you will have a fine jelly, which will keep good for several years.

**WHITE CURRANT JELLY.**—This jelly is made entirely of white currants, and precisely in the same manner as red currant.

**BLACK CURRANT JELLY.**—Make in the same way as red currant, using one-third red currants and two-thirds black ones.

**A VIOLET-COLOURED CURRANT JELLY** is made as red currant jelly, mixing two pounds of black currants with ten pounds of red.

**CHERRY JELLY.**—Pick off the stalks and take out the stones of some ripe juicy cherries, and, to every four pounds of cherries, add one pound of red currants. Proceed as for currant jelly.

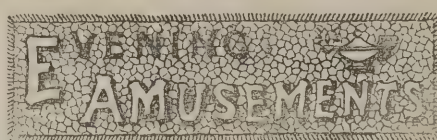
**RASPBERRY JELLY.**—Take six quarts of ripe raspberries and two quarts of ripe currants, press out the juice and filter it; to a pint of juice take one pound of sugar, and treat and finish as red currant.

**GOOSEBERRY JELLY.**—Make of ripe gooseberries in the same manner as currant jelly, or it may be made of green gooseberries in the same way as apple jelly.

**BLACKBERRY JELLY.**—Make as red currant jelly, using two quarts of raspberries to four quarts of blackberries. Finish as above directed for other jellies.

**POSITION OF THE CANARY CAGE.**—Do not hang a canary bird over five feet from the floor. This gives an average temperature and a purity of air. When ventilating a room see that the bird is not in a draught. When hung out of doors have a part of the cage in the shade, so that the bird may have a retreat, if he chooses to take it, from the sun.

**FURNITURE DRESSING.**—One ounce of turpentine and a lump of asphaltum, half the size of an egg; melt in tin on the stove (slowly), then add varnish when cool until quite thin. Apply with a varnish brush.



## OUR SPHINX AND PUZZLE PAGE.

—:0:—

Please to write "Sphinx" outside all letters intended for this department.

## NUMERICAL ENIGMA.

My whole, composed of 25 letters, is a familiar proverb.

My 17, 2, 19, 10, 12, 25, 6 is artifice.

My 1, 20, 14, 8, 9, 4, 23 is used for ornament.

My 5, 7, 15, 22, 11 is a Turkish priest.

My 13, 18, 3, 24 is to attend.

My 21, 16 is a neuter verb.

## HIDDEN PLANTS.

1. The carriage was removed by stealth.  
2. I do not dislike Scott; on the whole, I prefer him to the other writers whom you named.

3. Such empty cans as these should be thrown away.

4. You will have to tell him a certain man called in order to get his attention.

5. The soldier I certainly saw in Geneva.

## TRANSPOSITIONS.

1. Transpose fragrance into a measure.
2. To superintend into age.
3. A depression into precedence.
4. To gather into to cut.
5. A lady into fashioned.

## ENIGMA.

I am a hardy mariner,  
I roam the ocean wide;  
And next you'll find me far and near—  
Of Englishmen the pride.

I have the power, if used aright,  
To raise a giant's load;  
A quadruped, I'm next in sight—  
This definition's broad.

'Mongst kings and queens I'm found, perchance  
You know whereof I speak;  
A coat of mail, in low parlance—  
Now guess my title, quick!

## WORD SQUARE.

1. A hasty and petulant fellow in Molière's "Tartuffe," &c.
2. Revealed;
3. Passed, naut.
4. To violate;
5. One in want;
6. Fastens the tops of by interweaving, &c.

## DIAMOND PUZZLE.

1. A letter.
2. A colour.
3. A beverage.
4. A boy's name.
5. A letter.

## DECAPITATIONS.

1. Behead to stumble and leave an animal.
2. A number and leave brightness.
3. Learning and leave a mineral.
4. Cast and leave a part of the body.
5. Firm and leave a piece of furniture.

## CROSS-WORD ENIGMA.

In grape, not in wine.  
In spruce, not in pine.  
In youth, not in age.  
In herb, not in sage.  
In gnat, not in flea.  
Whole is the fruit of a tree.

## WORD CHANGE.

Change pink to rose in four words.

## CHARADE.

Once I captured SECOND, THIRD,  
And him I called FIRST;  
He was a most ill-tempered bird—  
In fact the very worst.

A savage chief the war paths treads,  
Where boundless prairies roll;  
He shakes aloft his bow and spear,  
And deftly wields the whole.

## ANSWERS TO "OUR SPHINX," No. 20.

NUMERICAL ENIGMA—Begone.

CHARADE—Moleskin.

HIDDEN ARTISTS—West, Wint, Herring, Opie, Turner, Tadema, Sant.

DECAPITATIONS—C-h-e-a-t.

WORD SQUARE—

TUBER  
USAGE  
FARES  
EGEST  
RESTS

DIAMOND PUZZLE—

P  
PET  
PATED  
PETUNIA  
TENSE  
DIE  
A

CROSS-WORD ENIGMA—Stanley.

METAGRAM—Buff, Cuff, Huff, Luff, Muff, Puff Ruff, Tuff.

DROP-LETTER PROVERB—"Good wine needs no bush."

CURTAINMENTS—Grin-d, T-wine, Win-g, Ban-g, Far-m.

CHARADE—Beg-one.

**CHINESE CLOTHING.**—A Singapore critic, referring to our British consular reports, and to the somewhat monotonous way in which our consuls lecture British merchants and traders, winds up thus:—"There is a hot rivalry between England and Germany as to who shall have the honour of providing the Japanese nation with flannel. The Japanese are very particular about their flannel. It must be of a soft and light texture, smooth surface, and with patterns of very fine check, the straight and transverse lines of which should be of different colour. But why should the Japanese wear flannel? Why should they forget the silks and satins and brocades, the fantastic but always tasteful raiment of their forefathers? If they are sick perhaps they may need flannels, but when they are well let them tell the German and the British merchant to take away his flannel goods and sell them to the naked subjects of Borriofoolah Gah."

**THE MARKET OF KERKI.**—A Russian newspaper, the *Kavkaz*, referring in a leading article to the successful experiments made in the Transcaucasus in the culture of sugar cane, announces that the latter is also reared near the town of Kerki, in Bokhara. Kerki having been occupied by Russian troops, the *Kavkaz* is of opinion that a good opportunity is offered for the introduction of a considerable quantity of the roots of the cane into Russia, *via* the Oxus to Chardjui and thence by rail. The above newspaper speaks of the Bekdom of Kerki as being one of the most flourishing districts of Bokhara. Further, it states that Kerki is the market for the Afghan town of Andkhai, which in its turn serves as a trading point of transfer for the Russian Akhal Turcomans.

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